



Roasted Pear Salad with Chicken & Cheddar

16 Servings

Portion: 1 each

Meal Component Crediting K-8, 9-12: 1 serving provides 2 oz Meat/Meat Alternate; ¾ cup Dark Green Vegetable, ¾ cup Other Vegetable, and ½ cup Fruit.

Ingredients	Weight	Measure
Chicken, frozen, diced, cooked	2 lb	
Pears, Pacific Northwest, canned, diced, extra light syrup, drained		1 no. 10 can
Romaine lettuce, EP	2 lb	
Spring mix	2 lb	
Cranberries, dried		2 cups
Cheese, Cheddar	8 oz	

*1 #10 can pears diced, packed in juice or light syrup provides about 9 1/2 cups (66 oz) drained pears. We recommend using only U.S. grown and canned pears for the best flavor, quality, texture and yield.

Method

1. Thaw chicken overnight in the refrigerator.

CCP: Hold at 41°F or below.

2. Drain canned pears to remove the liquid. Best if drained overnight in a perforated pan set over a solid pan in the refrigerator.
3. Preheat oven to 400° F.
4. Spray sheet pan with pan release.
5. Place drained, diced pears in a single layer on pan (do not use parchment paper; pears will stick). Bake at 400° F for approximately 20 minutes or until tips of pears start to brown.

CCP: Heat to 135° F or higher.

CCP: Cool to 70° F within 2 hours and from 70° F to 41° F within an additional 4 hours.

CCP: Hold at 41° F or lower.

6. Dice lettuce. Cut romaine head in half lengthwise through root end of lettuce. Rinse both halves thoroughly and drain well in a perforated pan/colander. Make 3-4 lengthwise cuts leaving each root half intact, then cut across to make 1 to 2 inch dices. Combine diced romaine with spring mix.

CCP: No bare hand contact with ready to eat food.

CCP: Hold at 41° F or lower.

7. Assemble salads. Place 3 cups of romaine/spring mix in the bottom of each salad container. Place 2 oz of diced chicken in the bottom left corner. Using a no. 16 disher, place ¼ cup roasted diced pears in the top right corner. Place .5 oz cheddar cheese in a 2 oz cup in the top left corner. Using a no. 30 disher (or 2 Tbsp), sprinkle a line of dried cranberries in between pears and chicken, and then place the remainder in the bottom right corner.

CCP: Hold for cold service at 41° F or lower.



**Pacific Northwest
Canned Pears**

Always ripe. Always ready.

Nutrients Per Serving

<i>Calories</i>	<i>221 kcal</i>
<i>Total Fat</i>	<i>3 g</i>
<i>Total Dietary Fiber</i>	<i>5 g</i>
<i>Vitamin C</i>	<i>2 mg</i>
<i>Saturated Fat</i>	<i>1.5 g</i>
<i>Trans Fat</i>	<i>0 g</i>
<i>Protein</i>	<i>3 g</i>
<i>Iron</i>	<i>0 mg</i>
<i>Sodium</i>	<i>226 mg</i>
<i>Cholesterol</i>	<i>0 mg</i>
<i>Vitamin A</i>	<i>2 IU</i>
<i>Sugars</i>	<i>20 g</i>
<i>Carbohydrate</i>	<i>48 g</i>
<i>Calcium</i>	<i>66 mg</i>