

Korean Beef and Pear Pita

6 Servings



**Pacific Northwest
Canned Pears**

Always ripe. Always ready.

Ingredients

- 1-1/2 pounds beef, such as sirloin, thinly sliced cross-wise
- 1/4 cup low sodium soy sauce
- 2 tablespoons sesame oil, divided
- 1-1/2 teaspoons molasses
- 3/4 teaspoon grated or finely chopped fresh ginger
- 1/2 teaspoon freshly ground black pepper
- 1/2 cup sour cream
- 2 teaspoons Sriracha
- 6 pita pockets, cut in half
- 1 (15-ounce) can Pacific Northwest Canned Pears, diced, in juice, drained
- 1/2 cup cilantro leaves, roughly chopped
- Fresh avocado for serving, optional

Method

Put the beef in a large bowl with the soy sauce, 4 teaspoons sesame oil, molasses, ginger, and black pepper. Toss well, cover the bowl, and marinate in the refrigerator at least 1 hour.

Combine sour cream and Sriracha in a small bowl, cover and refrigerate until ready to serve.

After an hour, remove the beef from the refrigerator. Heat the remaining 2 teaspoons sesame oil in a large wide skillet over medium-high heat. When the oil is hot, add the marinated meat and cook, stirring frequently, until some of the edges are lightly browned, 3 to 4 minutes, or until the meat is cooked to your liking.

To serve, divide the beef and diced pears among the pitas and top with a sprinkle of cilantro. Add avocado, if desired. Drizzle 1 mounded tablespoon Sriracha sour cream mixture over filling.

Servings

Makes 6 servings (2 pita halves per serving)

Nutrition

<i>Calories</i>	436
<i>Fat</i>	25g
<i>Saturated Fat</i>	9g
<i>Cholesterol</i>	100mg
<i>Sodium</i>	646mg
<i>Carbohydrates</i>	24g
<i>Fiber</i>	2g
<i>Sugar</i>	6g
<i>Protein</i>	26g
<i>Calcium</i>	80mg
<i>Iron</i>	3mg
<i>Potassium</i>	502mg

*Recipe by Teresa McAdams
Westran Middle School, Clifton Hill, MO
eatcannedpears.com*