



**Pacific Northwest
Canned Pears**
Always ripe. Always ready.

Pear & Pork Rice Bowl

Ingredients

8 lb ham, 97% fat free, cooked, diced
12 oz (25 slices), turkey bacon, cooked
32 (2 lb 8 oz) egg patties
7 lb edamame, shelled, frozen
4 sprays nonstick cooking spray
4 #10 cans Pacific Northwest Canned pears, diced, extra light syrup, reserve 4 cups syrup
1 tbsp 1 tsp onion powder
1 tbsp 1 tsp granulated garlic
3 gal 2 cups long-grain brown rice, cook, cooled
20 oz soy sauce, less sodium
1 cup sesame oil
2 cups chopped cilantro
2 cups sliced green onion

Servings

100 1 cup servings

Nutrition

Meal Component Crediting K-8, 9-12

*2 oz eq M/MA (legume counted as M/MA), 1 oz eq grain,
¼ cup fruit*

Calories: 265

Total Fat: 10 g

Total Dietary Fiber: 4 g

Vitamin C: 3 mg

Saturated Fat: 2 g

Trans Fat: 0 g

Protein: 14 g

Iron: 1 mg

Sodium: 312 mg

Cholesterol: 62 mg

Vitamin A: 136 IU

Sugars: 8 g

Carbohydrate: 35 g

Calcium: 22 mg

Method

Thaw ham, turkey bacon, egg patties, and edamame, in the refrigerator one to two days before use. CCP: Hold at 40 °F or lower.

Precook and cool rice the day before use. CCP: Cool to 70 °F within 2 hours. Cool to 41 °F within 4 hours. Hold at 40 °F or lower.

Prepare ingredients: Chop egg patties and turkey bacon into pieces.

Mix and Cook: Preheat oven to 350 degrees F. For every 25 servings, spray 1 12x20x4-inch steamtable pan with cooking spray. Place 1 #10 can drained pears, 1 cup reserved pear juice, 8 chopped egg patties, 1 tsp onion powder, 1 tsp granulated garlic, 3 qt ½ cup cooked brown rice, 6 ¼ slices bacon (about 3 oz), 2 lb diced ham, 1 lb 12 oz edamame, 5 oz soy sauce and ¼ cup sesame oil. Lightly toss, tightly cover, and bake 35-40 minutes. NOTE: May place 50 servings in a 4-inch steamtable pan if ingredients are premixed. Cooking time will take longer. CCP: Heat to 165 °F or higher for 15 seconds. CCP: Hold at 140 °F or higher.

Carefully remove lid or foil from pan. Allow to sit for 5 minutes. Carefully mix in cilantro and green onion without agitating starch in rice.

Serve 1 cup (8 oz spoodle; about 8.3 oz) CCP: Hold at 140 °F or higher.

For Grab n Go Service

Serve in a disposable bowl with lid. May serve chilled with reheating instructions.

Note: 1 No. 10 can pears diced, packed in juice or light syrup provides about 9 1/2 cups (66 oz) drained pears.