



**Pacific Northwest  
Canned Pears**

Always ripe. Always ready.

# Shredded Pork Wrap with Sweet & Spicy Pear Slaw

## Ingredients

25 lb pulled pork, cooked, frozen, thawed  
1 cup apple cider vinegar  
½ cup Dijon mustard  
1 tbsp, 1 tsp red pepper flakes, dried (optional)  
3 lb 2 oz broccoli slaw, fresh  
1 ¼ #10 cans (5 lb 2 ½ oz) Pacific Northwest pears,  
canned, diced, extra light syrup, drained  
3 lb 2 oz white Cheddar cheese, shredded  
100 8-inch whole grain tortillas

## Servings

100, 1 wrap each

## Nutrition

**Meal Component Crediting K-8, 9-12**

**2.5 oz eq M/MA, 1.5 oz eq grain, 1/8 cup dark green  
vegetables**

Calories: 381

Total Fat: 18 g

Total Dietary Fiber: 3 g

Vitamin C: 0 mg

Saturated Fat: 9 g

Trans Fat: 0 g

Protein: 29 g

Iron: 0 mg

Sodium: 751 mg

Cholesterol: 88 mg

Vitamin A: 780 IU

Sugars: 4 g

Carbohydrate: 25 g

## Method

**Heat Pork:** Place pork in steamtable pans. Heat pork in steamer, uncovered. Halfway through cooking, mash up meat to break up any chunks and mix thoroughly. CCP: Heat to 165 °F or higher for 15 seconds. CCP: Hold at 140 °F or higher.

**Prepare Slaw:** Combine vinegar, mustard, and red pepper flakes (optional). Add slaw to the bowl and pour dressing over top. Stir to combine and refrigerate until ready to assemble wraps. Add drained pears to slaw just before assembling wraps. Toss well before service. Mix no longer than one hour before service. CCP: Hold at 40 °F or lower.

**Assemble Wraps:** Place 4 oz (2 oz eq M/MA) pork in center of each tortilla. Top with ½ oz (1 oz ladle/2 Tbsp) shredded cheese and ¼ cup (#16 scoop) slaw. Fold up like a burrito and place each wrap, seam side down, in a preheated pan or panini press. Toast 1 to 2 minutes per side, cut in half and serve immediately. CCP: Heat to 165 °F or higher for 15 seconds. CCP: Hold at 140 °F or higher.

**For Grab n Go Service:** Wrap in foil sheets and serve.

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