



**Pacific Northwest
Canned Pears**

Always ripe. Always ready.

Pear & Pork Rice Bowl

6 Servings

Ingredients

1 teaspoon salted butter
1 (15-ounce) can Pacific Northwest Canned Pears, diced, in extra light syrup, drained
2 tablespoons vegetable oil, divided
2 large eggs, lightly beaten
3/4 cup diced onions
1 tablespoon finely chopped garlic
3 cups cooked, cooled long grain brown rice
2 ounces crumbled cooked bacon
4 ounces cooked Italian sausage links
5 ounces frozen edamame
2 tablespoons + 1-3/4 teaspoons soy sauce
1 tablespoon sesame oil
1 tablespoon coarsely chopped cilantro
2 tablespoons thinly sliced scallions, white and green

Method

Place a large, wide sauté pan over medium-high heat. Add butter, allow to bubble and melt, and sauté 1 cup pears until lightly browned. Remove pan from heat and transfer pears to a bowl.

Wipe out pan, return to stove, and heat 1 tablespoon of the oil over medium heat. Add eggs and scramble until fully cooked. Transfer to another bowl and set aside.

Wipe out pan and heat remaining tablespoon oil. Add onion and sauté until lightly softened, 3 to 4 minutes. Add garlic and continue to cook 1 minute or until fragrant.

Add rice, bacon, sausage, edamame, and reserved pears to the pan. Cook 3 to 4 minutes, or until the rice begins to warm and soften.

Add the cooked eggs back into the pan and stir in soy sauce, sesame oil, and cilantro. Cook 1 to 2 minutes to thoroughly heat ingredients. Garnish with scallions and serve immediately.

Servings

Makes 6 (3/4-cup) Servings

Nutrition

Calories: 384
Total Fat: 20 g
Saturated Fat: 6 g
Cholesterol: 91 mg
Sodium: 790 mg
Carbohydrate: 36 g
Fiber: 4 g
Sugar: 6 g
Protein: 16 g
Calcium: 43 mg
Iron: 2 mg