



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

Shredded Pork Wrap with Sweet & Spicy Pear Slaw

6 Servings

Ingredients

SHREDDED PORK

1-½ pounds pork loin
1-½ cups low sodium beef broth
1 (15-ounce) can Pacific Northwest Canned Pears, diced, in juice, drained and juice reserved, divided
½ cup coconut aminos (or soy sauce)
1-½ teaspoons garlic powder
1-½ teaspoons onion powder

SWEET & SPICY PEAR SLAW

1 tablespoon apple cider vinegar
1-½ teaspoons Dijon mustard
1-½ teaspoons reserved pear juice
1/8 teaspoon kosher salt
¼ teaspoon dried red pepper flakes
1 cup broccoli slaw mix
½ cup reserved Pacific Northwest Canned Pears, diced

6 eight-inch whole grain tortillas
3 ounces Monterey Jack cheese, grated

Method

Preheat oven to 250 degrees F.

Remove excess fat from pork loin with a serrated knife. Place loin, fat side up, in a Dutch oven or small roasting pan. Whisk together ½ cup reserved pear juice, coconut aminos (or soy sauce), and garlic and onion powders. Pour mixture over pork, cover pan with a lid or aluminum foil, and cook 3-½ to 4 hours, or 2 to 2-½ hours on high in a slow cooker.

Prepare the slaw while the pork is cooking. Combine vinegar, mustard, pear juice, salt, and red pepper flakes. Add slaw to the bowl and pour dressing over top. Stir to combine and refrigerate until ready to assemble wraps. (Slaw will keep for up to 4 days, but will become increasingly spicy each day.) Add ½ cup reserved drained pears to slaw just before assembling the wraps.

When the pork is ready, use two forks to shred it and then add back to the cooking liquid for at least 15 minutes to moisten.

To assemble the wraps, place 3 ounces (about ½ cup) pork in the center of each tortilla. Top with 2 tablespoons shredded cheese and ¼ cup 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.

Servings

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Nutrition

Calories: 444
Total Fat: 16 g
Saturated Fat: 7 g
Cholesterol: 79 mg
Sodium: 629 mg
Carbohydrate: 32 g
Fiber: 5 g
Sugar: 5 g
Protein: 33 g
Calcium: 252 mg
Iron: 3 mg