



**Pacific Northwest  
Canned Pears**

Always ripe. Always ready.

# Breakfast Hash with Canned Pears

6 Servings

## Ingredients

1 pound ground turkey (85% lean)  
3 cups (15 ounces) peeled and diced russet potatoes  
1 cup (5 ounces) diced onion  
1 cup (3-1/2 ounces) thinly sliced bell pepper  
3/4 cup (6-3/4 ounces) Pacific Northwest Canned Pears, sliced,  
drained  
Salt and pepper to taste  
Scrambled eggs, optional

## Servings

Makes 6 servings

## Nutrition

<i>Calories</i>	223
<i>Total Fat</i>	10g
<i>Saturated Fat</i>	3g
<i>Cholesterol</i>	59mg
<i>Sodium</i>	48mg
<i>Carbohydrate</i>	20g
<i>Fiber</i>	3g
<i>Sugar</i>	5g
<i>Protein</i>	15g
<i>Calcium</i>	40mg
<i>Iron</i>	1mg

## Method

Heat a large non-stick skillet over medium heat. Add the turkey, breaking it up with a spatula.

Once the turkey is starting to brown, add the diced potato and onion. Continue cooking on medium heat until the potatoes are partially cooked, 5 to 8 minutes.

Once the potatoes are partially soft, add the sliced bell pepper and the canned sliced pears and continue to cook until the potatoes and pears are cooked through, 5 to 8 minutes more. Season with salt and pepper to taste.

Remove from heat and portion approximately 1 cup of hash on each plate and serve.