



**Pacific Northwest
Canned Pears**

Always ripe. Always ready.

Breakfast Hash with Canned Pears

100 Servings

Portion: 8 oz ladle (~7.3 oz)

Meal Component Crediting K-8, 9-12: 2 oz eq M/MA; 3/8 vegetable (1/4 cup starchy vegetable, 1/8 cup other vegetable); 1/8 cup fruit

Ingredients	Weight	Measure
Nonstick cooking spray		4 sprays
Turkey, 85% lean, ground	18 lb	
Potatoes, diced, no salt added, frozen (USDA or Commercial)	13 lb	3 ½ gal
Onion, fresh, diced	3 lb 4 oz	3 qts
Green bell pepper, fresh, sliced thin	2 lb 12 oz	2 qts 2 cups
Pacific Northwest Canned Pears, sliced, drained		3 gal drained OR ~ 3.75 # 10 cans
Black pepper, ground		½ tsp

*1 #10 can pears sliced, packed in juice or light syrup provides about 7-3/8 cups (59.6 oz) drained pears. We recommend using only U.S. grown and canned pears for the best flavor, quality, texture and yield.

*Recipe by Tayler Silfverduk, RDN
Nutrition Consultant, Columbus, OH
eatcannedpears.com*

Oven Method (Prepare 25 servings per pan)

1. Thaw potatoes and ground turkey in the refrigerator.
 - a. Per 25 servings: Weigh 3 lb 4 oz (3 qt 2 cups) frozen potatoes. Keep separated from other ingredients for easy preparation.

CCP: Hold at 40 °F or lower.

2. For every 25 servings: Heat a 4" steamtable pan in the oven for 5 minutes.
 - a. Spray hot steamtable pan(s) with nonstick cooking spray.
 - b. In each steamtable pan, break 4 lb 8 oz ground turkey into small pieces and add to hot, sprayed steamtable pan.
 - c. Roast in the oven for 15 minutes. Remove from the oven and chop cooked turkey with a dough cutter.
3. Toss turkey with thawed potatoes and onion.
 - a. Roast in the oven for 15 minutes. Stir well.
4. Toss with green bell peppers, pears, and black pepper.
 - a. Roast in the oven for 15 minutes. Stir well. And repeat 2 more times.
5. Serve 8 oz ladle (~7.3 oz).

CCP: Heat to 165° F for at least 15 seconds.

CCP: Hold at 140° F or higher.

Tilt Skillet Method (Prepare 25 servings per pan)

1. Thaw potatoes and ground turkey in the refrigerator.

CCP: Hold at 40 °F or lower.

2. Cook turkey, breaking it up with a spatula or paddle.
3. Once the turkey starts to brown, add thawed potatoes and onion. Continue cooking on medium heat until the potatoes are partially cooked, 5 to 8 minutes.
4. Once the potatoes begin to brown, add the sliced bell pepper and the canned sliced pears. Continue to cook until the potatoes, pears, and black pepper are cooked through, 10-15 minutes more.
5. Serve 8 oz ladle (~7.3 oz).

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CCP: Heat to 165° F for at least 15 seconds.

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For Grab n Go Service: Serve in grab n go container.

Nutrients Per Serving

Calories	232 kcal
Total Fat	7 g
Total Dietary Fiber	3 g
Vitamin C	12 mg
Saturated Fat	2 mg
Trans Fat	0 g
Protein	16 g
Iron	1 mg
Sodium	76 mg
Cholesterol	60 mg
Vitamin A	106 IU
Sugars	12 g
Carbohydrate	26 g
Calcium	22 mg

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