



**Pacific Northwest  
Canned Pears**

Always ripe. Always ready.

# Pear and Chicken Spring Rolls

6 Servings

## Ingredients

### SPRING ROLLS

2-1/4 pounds cooked rotisserie chicken  
18 rice paper wraps  
9 ounces julienned red bell pepper (72 strips)  
9 ounces peeled and julienned cucumber (72 strips)  
9 ounces julienned Pacific Northwest Canned Pear Halves,  
drained, juice reserved (144 strips)  
2-1/4 ounces julienned red onion (72 strips)  
1-1/4 ounces bean sprouts (72 sprouts)  
3/4 ounce julienned scallions (36 strips)  
1-1/8 cups Pear Goi Cuon Sauce (recipe follows)

### PEAR GOI CUON SAUCE

1/2 cup (4 ounces) juice from drained Pacific Northwest Canned  
Pear Halves  
1/4 cup (2 ounces) soy sauce  
1 tablespoon (1/2 ounce) rice vinegar  
3 tablespoons (1 ounce) 1/4-inch Pacific Northwest Canned Pears  
Halves, diced  
2 tablespoons (1/2 ounce) 1/4-inch diced scallions  
2 tablespoons (1/2 ounce) minced red onion  
3 tablespoons (1-1/4 ounces) brown sugar  
1/4 teaspoon toasted sesame seeds

## Servings

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## Nutrition

<i>Calories</i>	472
<i>Total Fat</i>	13g
<i>Saturated Fat</i>	3g
<i>Cholesterol</i>	184mg
<i>Sodium</i>	1538mg
<i>Carbohydrate</i>	42g
<i>Fiber</i>	3g
<i>Sugar</i>	16g
<i>Protein</i>	49g
<i>Calcium</i>	51mg
<i>Iron</i>	2mg

## Method

To prepare Pear Goi Cuon Sauce, mix all ingredients together, adjusting seasoning to taste.

To assemble Pear & Chicken Spring Rolls, working one at a time, dip a rice paper wrapper in warm water until pliable. Lay on a clean work surface. Place 4 pieces of red bell pepper, 4 pieces of cucumber, 4 pieces of red onion, 4 bean sprouts, 8 pieces of canned pears, 2 strips of scallions, and 1/3 cup (2 ounces) shredded rotisserie chicken on the bottom third of the rice paper.

Roll up the bottom third, then fold in the sides, then continue to roll up. Repeat with remaining rice paper wrappers and filling.

Place 3 spring rolls on each plate and serve each with 3 tablespoons of the Pear Goi Cuon Sauce.