

Pear Berry Salsa

6 Servings



**Pacific Northwest
Canned Pears**

Always ripe. Always ready.

Ingredients

3/4 cup (1/2 of 1 15-ounce can)
Pacific Northwest Canned Pears, diced, in light syrup, drained
1/4 cup (1-1/4 ounces) chopped fresh berries
1/4 cup (1-1/4 ounces) seeded, diced red, green, and orange bell
pepper
2 Tablespoons (1/2 ounce) finely diced red onion
1-1/2 teaspoons (1/8 ounce) seeded, finely diced Anaheim pepper
1/2 teaspoon minced garlic
Salt to taste

Method

Mix all ingredients in a medium bowl. Add salt to taste. Serve.

Servings

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Nutrition

<i>Calories</i>	21
<i>Total Fat</i>	0 g
<i>Saturated Fat</i>	0 g
<i>Cholesterol</i>	0 mg
<i>Sodium</i>	2 mg
<i>Carbohydrate</i>	5 g
<i>Fiber</i>	1 g
<i>Sugar</i>	4 g
<i>Protein</i>	0 g
<i>Calcium</i>	3 mg
<i>Iron</i>	0 mg