



**Pacific Northwest  
Canned Pears**

Always ripe. Always ready.

## Pear Berry Salsa

100 Servings

Portion: 3/8 cup (#10 scoop)

Meal Component Crediting K-8, 9-12: 1/4 cup fruit

<b>Ingredients</b>	<b>Weight</b>	<b>Measure</b>
Pacific Northwest Canned Pears, diced, light syrup, drained	5 lb 10 oz	3 qt 1/2 cup OR ~1.5 #10 cans
Blueberries, fresh	2 lb 2 oz	1 qt 2 1/4 cup
Strawberries, fresh, small diced	2 lb 13 oz	1 qt 2 1/4 cup
Red bell pepper, seeded, diced	12 oz	2 1/2 cups
Green bell pepper, seeded, diced	4 oz	1 cup
Orange bell pepper, seeded, diced	12 oz	2 1/2 cups
Red onion, fresh, chopped	8 oz	2 cups
Anaheim pepper, seeded, chopped	4 oz	1 cup
Granulated garlic		2 tsp

\*1 #10 can pears diced, packed in juice or light syrup provides about 9 1/2 cups (66 oz) drained pears. We recommend using only U.S. grown and canned pears for the best flavor, quality, texture and yield.

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*Recipe by LaRetta Foxley  
North Davis Preparatory Academy, Layton, UT  
eatcannedpears.com*

# Method

1. Mix all ingredients in a 4" steamtable pan.  
Note: Adjust granulated garlic according to student taste. This recipe uses a mild garlic flavor for younger students.
2. Serve: Serve 3/8 cup or #10 scoop (~2.1 oz).

**CCP: Hold at 40 °F or lower.**

**For Grab n Go Service:** Serve in disposable container with chips.

# Nutrients Per Serving

Calories	25 kcal
Total	0 g
Total Dietary Fiber	1 g
Vitamin C	23 mg
Saturated Fat	0 mg
Trans Fat	0 g
Protein	0 g
Iron	0 mg
Sodium	2 mg
Cholesterol	0 mg
Vitamin A	138 IU
Sugars	4 g
Carbohydrate	7 g
Calcium	4 mg