

Roasted Pear Salad



Ingredients	Measure	Directions
Pacific Northwest Canned Pears, in extra light syrup, drained well	3 3/4 #10 cans	<ol style="list-style-type: none"> Preheat oven to 350° F. Spread each can of well drained pears on 1 full sheet pan sprayed with nonstick cooking spray. Leave plenty of space between pear pieces for roasting. Spray the tops of the pears with nonstick cooking spray. Roast in the oven for 7 minutes. Turn pans in the oven and roast for 7-8 more minutes or until they begin to turn golden brown. (Note: Roasting times vary based on moisture content.) Fill chosen container with 2 cups chopped romaine lettuce. Place 1/2 cup of roasted pears in center. 2 oz mozzarella cheese in one corner. 1/8 cup shredded carrot in opposite corner. 1 crumbled piece of turkey bacon on top of pears. 1 tbsp dried cranberries on top of bacon. Blend pear vinaigrette well and serve on the side in 1 oz soufflé cup.
Nonstick cooking spray	8 sprays	
Romaine lettuce, chopped	14 lbs	
Mozzarella cheese	6 lb 4 oz	
Carrot, shredded	1 lb 10 oz	
Turkey bacon, cooked and chopped	50 pieces	
Cranberries, dried	1 lb	
Pear Vinaigrette:		
Pear juice	1 1/2 cup	
Pears, mashed	1 cup	
White vinegar	1 cup	
Navel orange juice	1/4 cup	
Brown sugar	1/4 cup	
Vegetable oil	2 1/2 cups	
Dry mustard	2 tsp	
Salt	1 tsp	
Pepper	1 tsp	
Onion Powder	1 1/2 tsp	

Serving Size	1 Serving Provides	Yield
1 serving = 1 salad	2-ounce equivalent meat/meat alternate, 5/8 cup fruit, 1/8 cup red/orange vegetable, 1 cup dark green vegetable.	50

Nutrients Per Serving		
Calories 489 kcal	Saturated Fat 12 g	Iron 2 mg
Protein 18 g	Cholesterol 51 mg	Calcium 49 mg
Carbohydrate 45 g	Vitamin A 13,528 IU	Sodium 486 mg
Total Fat 29 g	Vitamin C 9 mg	Dietary Fiber 7 g