



# ASIAN NOODLE AND PACIFIC NORTHWEST CANNED PEAR SALAD

SERVINGS: 24 CALORIES: 214 KCAL

Delicious, wholesome Pacific Northwest Canned Pears lend a sweet touch to this noodle salad. With accents of cilantro, ginger and garlic this side dish is full of flavor and color!

## INGREDIENTS

1 pound Noodles spaghetti, whole grain, dry

1 no. 10 can Pears Pacific Northwest, canned, sliced, extra light syrup, drained, syrup reserved\*

1 pound 4 ounces Carrots shredded

1 pound 8 ounces Broccoli florets blanched and chopped

2/3 cup Pear juice reserved, extra light syrup

2/3 cup Soy sauce

1/2 cup Rice vinegar unseasoned

1/2 cup Peanut butter chunky or almond butter

1/2 cup Cilantro fresh, minced

1/3 cup Oil Canola

2 tablespoons Ginger fresh, minced

2 teaspoons Garlic fresh, minced

## INSTRUCTIONS

1. **CCP: No bare hand contact with ready to eat food.**

Cook spaghetti and drain well. Chill immediately.

**CCP: Chill to 70° F within 2 hours, and to 41° F within an additional 4 hours.**

2. Drain pears and reserve the extra light syrup.

3. Blanch broccoli florets, chill immediately, then chop into bite-sized pieces.

4. In a large bowl combine the drained pears, chilled pasta, carrots, and broccoli.

**CCP: Hold at 41° F or lower.**

5. **CCP: No bare hand contact with ready to eat food.**

In a large bowl, whisk together the reserved extra light syrup, soy sauce, unseasoned rice vinegar, chunky peanut butter or almond butter, cilantro, canola oil, minced ginger, and minced garlic.

6. Pour the dressing over the pears, pasta, carrots and broccoli. Toss gently to evenly coat the ingredients. Cover and refrigerate at least 2 hours before serving.

**CCP: Hold at 41° F or lower.**

7. Serve 1 cup portions.

**CCP: Hold and serve at 41° F or lower.**

## RECIPE NOTES

\* We recommend using only U.S. grown and canned pears for the best flavor, quality, texture and yield.

**Crediting: 1 cup provides 0.5 oz eq grain, ¼ c fruit, 1/8 c red/orange vegetable, ¼ c dark green vegetable.**

## NUTRITION FACTS PER SERVING (1CUP)

Calories: 214 kcal | Fat: 6.22 g | Sodium: 315.55 mg | Carbohydrates: 36.32 g | Fiber: 5.86 g | Protein: 5.37 g

*This recipe has not been tested or standardized by Healthy School Recipes. The outcome, allergen information, and nutrient data may vary depending on the specific ingredients and equipment used in your location.*