



PACIFIC NORTHWEST CANNED PEAR WINTER SQUASH AND WHEAT BERRY SALAD

SERVINGS: 24 SERVINGS CALORIES: 231 KCAL

This delicious salad combines pears, butternut squash, wheat berries celery and cranberries for a wonderful dish! Drizzled with a flavorful pear vinaigrette and a hint of cinnamon this salad will be a quick favorite.

INGREDIENTS

1 pound 4 ounces Wheat berries, red, hard (kernels)
 1 quart 2 cups Water
 3 pounds 10 ounces Butternut squash, peeled, 3/4 inch dice, EP
 3 tablespoons Oil, vegetable
 1 teaspoon Cinnamon, ground
 1/2 teaspoon Salt
 1/2 teaspoon Black pepper, ground
 1 #10 can Pears, Pacific Northwest, canned, diced, extra light syrup, drained, syrup reserved
 2 cups Celery sticks, precut, finely diced
 1 cup Cranberries, dried
 2/3 cup Pear juice, reserved, extra light syrup
 1/3 cup Oil, vegetable
 3 tablespoons Vinegar, red wine
 2 teaspoons Mustard, dijon
 1/2 teaspoon Salt
 1/2 teaspoon Black pepper, ground
 1/2 teaspoon Cinnamon

INSTRUCTIONS

1. Place the wheat berries in a large pot with 6 cups of water. Bring to a boil over high heat. Reduce to a simmer, cover and continue cooking 50 to 60 minutes, or until the grains are tender and chewy. Remove from the heat, drain, and rinse the grains with cold water to stop the cooking. Chill the wheat berries in the refrigerator.
2. Preheat the oven to 375°F. In a large bowl combine the diced squash, vegetable oil, cinnamon, salt and black pepper. Mix to coat thoroughly. Place the squash on a sheet pan sprayed with pan release spray. Make sure the pieces are in a single layer and not crowded on the pan. Roast in the preheated oven for 30 minutes, or until caramelized and tender.
3. Remove the pan from the oven and place the squash in the refrigerator to chill.
4. In a large bowl combine the chilled wheat berries, roasted squash, diced pears, finely diced celery and cranberries.
5. To prepare the vinaigrette, combine the reserved pear liquid, vegetable oil, red wine vinegar, Dijon mustard, salt, black pepper and cinnamon in a blender. Blend on high until completely emulsified. Pour the vinaigrette over the salad and toss gently to combine.
6. Serve 1 cup portions.

RECIPE NOTES

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

CCP: Cook to a minimum internal temperature of 135°F

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

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

CCP: Hold at 41° F or lower.

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

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

Serving: 1 cup

Crediting: 0.75 oz grain equivalent, 3/8 c fruit, 1/4 c red/orange vegetable

NUTRITION FACTS PER SERVING (1CUP)

Calories: 231 kcal | Fat: 5.12 g | Saturated fat: 1 g | Sodium: 123.91 mg | Carbohydrates: 45.95 g | Fiber: 7.91 g | Protein: 3.86 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.