



PACIFIC NORTHWEST CANNED PEAR SERVICE
CONSUMER RECIPES

ASSUMPTIONS ON NUTRITION INFORMATION CLARIFICATION:

1. A Registered Dietitian analyzed the recipes using a computerized nutrient analysis program.
2. Except where noted, nutrient values for canned pears in light syrup were used in the analysis.
3. Except where noted, the per serving nutrient values represent the values of the entire recipe divided by the number of servings.
4. When a recipe serves a range, such as "Serves 4-6," the nutrient analysis reflects the values for the lower number of servings.
5. Optional and "as needed" ingredients, garnishes, and ingredients added "to taste" are not included in the nutrient analysis. Salt in cooking rice or pasta water was not included.
6. If ingredient or measurement options are offered, the first ingredient or measurement was used.
7. 2% fat milk and salted butter were used, unless otherwise specified.
8. Recipes that provide 20% or more of the Daily Value for a nutrient are an "excellent source" of that nutrient.
9. Recipes that provide 10% or more of the Daily Value for a nutrient are a "good source" of that nutrient.
10. The Daily Value for dietary fiber is 25 grams. Recipes that provide 3 grams of dietary fiber are a "good source" of dietary fiber. Recipes that provide 5 grams or more of dietary fiber are an "excellent source" of dietary fiber

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CINNAMON, PEAR AND PECAN STICKY BUNS

MAKES 24 SERVINGS



1 1/2 cups	Milk, heated
2 teaspoons	Active dry yeast
1/2 cup	Granulated sugar, divided
1/2 cup	Butter, melted
3 large	Egg yolks
1 teaspoon	Salt
5-6 cups	All-purpose flour
3 cups	Brown sugar
3 tsp.	Ground cinnamon
1-1/2 quarts	Pacific Northwest Canned Pears, drained, diced
2 cups	Pecans, toasted and chopped
2 cups	Dried cranberries
3/4 cup	Dried bread crumbs, plain
1/4 cup	Pear juice
1 quart	Confectioner's sugar, sifted

METHOD

1. Combine heated milk, yeast and 1 Tbsp. sugar in a large bowl and let stand 5 minutes. Stir yeast mixture. Add remaining sugar, butter, egg yolks, and salt and mix well. Stir in 2 cups flour and mix well.
2. Slowly stir in remaining flour mixing well between additions. When dough is stiff enough, transfer to a warm surface and knead in remaining flour. Place dough in an oiled bowl, cover and let rise 45-60 minutes. Punch dough down and divide in half.
3. On a lightly floured surface, roll each of the dough pieces into a 10 x 20" rectangle.
4. In a bowl combine sugar and cinnamon and mix well.
5. In another bowl mix together pears, pecans, cranberries and crumbs.
6. For each Pastry Rectangle: Sprinkle the surface on each sheet of pastry with 1-1/2 cups cinnamon-sugar. Top sugar-lined pastry evenly with 5 cups pear mixture.
7. Starting along the back, roll the long side of the dough gently to enclose pear mixture. Seal the log tightly by pinching the seam together. Cut each log into approximately 12 x 2" rolls. Repeat process for the other log.
8. Place the buns, cut-side-up, on a well-sprayed parchment-lined half sheetpan and let rise 20 minutes. Bake buns in pre-heated 375°F conventional or 350°F convection oven for 25–30 minutes or until golden and bubbly. Remove from heat and let the buns cool 10 minutes before turning over onto another half sheetpan and cooling.
9. In a bowl combine sifted sugar with pear juice and mix well to form a glaze, adding more liquid as needed. Drizzle glaze over warm buns and serve.

Note: Prepared sweet yeast dough (approximately 4 lb.) may be used to substitute for the dough recipe in this formula.

NUTRITION INFORMATION (per 1/2-cup serving)

Calories	457	Sodium	170mg	Vitamin A	4% DV
Calories from Fat	111	Carbohydrate	84g	Vitamin C	2% DV
Fat	12g	Dietary Fiber	4g	Calcium	7% DV
Saturated Fat	3g	Sugar	55g	Potassium	8% DV
Cholesterol	37mg	Protein	6g	Iron	9% DV

CREAMY PEAR AND BERRY FRAPPÉ

MAKES 1 SERVING



3 ounces (1 pear half) **Pacific Northwest Canned Pear Halves, drained**
1/2 cup Pear liquid
3 ounces (1/2 cup) Berries, frozen

METHOD

1. In a blender combine 1 canned pear half, 1/2 cup pear liquid, 1/2 cup frozen berries (strawberry, raspberry, blackberry, etc.) and blend until smooth.

*Option – For a creamier smoothie add 1 banana to each frappé.

NUTRITION INFORMATION

Calories	170	Sodium	5mg	Vitamin A	2% DV
Calories from Fat	0%	Carbohydrate	43g	Vitamin C	100% DV
Fat	0g	Dietary Fiber	4g	Calcium	4% DV
Saturated Fat	0g	Sugar	30g	Potassium	5% DV
Cholesterol	0mg	Protein	1g	Iron	4% DV

PEANUT BUTTER AND PEAR FRENCH TOAST

MAKES 4 SERVINGS



1 can (15 ounces)	Pacific Northwest Canned Pear Halves, drained
1/3 cup	Peanut butter
8 slices	Firm, white bread
2 large	Eggs
1/4 cup	Milk
1 tablespoon	Honey
1/8 teaspoon	Ground cinnamon
1 to 2 tablespoons	Butter
As needed	Honey or maple syrup

METHOD

1. Cut pears into 1/4-inch thick slices; set aside.
2. Spread 1 teaspoon peanut butter on each slice of bread, one side only.
3. Place pears on peanut butter side of 4 slices. Put 2 slices of bread together to make a sandwich with peanut butter and pears for the filling; repeat with remaining slices.
4. In medium shallow bowl, combine eggs, milk, honey and cinnamon; whisk or stir with fork until blended. Dip sandwiches into egg mixture, evenly coating both sides.
5. In large skillet, melt butter over medium heat. Cook sandwiches 1 to 2 minutes on each side until golden brown. Serve hot with honey or syrup.

NUTRITION INFORMATION (per 2 slices toast + 3 tablespoon honey)

Calories	600	Sodium	445mg	Vitamin A	8% DV
Calories from Fat	26%	Carbohydrate	103g	Vitamin C	2% DV
Fat	18g	Dietary Fiber	4g	Calcium	10% DV
Saturated Fat	5g	Sugar	71g	Potassium	10% DV
Cholesterol	116mg	Protein	14g	Iron	16% DV

**PEANUT BUTTER-PEAR
WAFFLE “TACOS”**
MAKES 4 SERVINGS



- | | |
|-------------------|---|
| 1 can (15 ounces) | Pacific Northwest Canned Pear Slices |
| 2/3 cup | Peanut butter, creamy |
| 1/2 cup | Cocoa puffs cereal or puffed rice cereal |
| 4 | Toaster waffles, frozen, round |

METHOD

1. Drain pears, reserving 2 tablespoons of the juice.
1. In a small bowl stir together the peanut butter and reserved juice; stir in cocoa puffs cereal just until mixed.
2. Toast the waffles as desired. While hot, spread each waffle with one-fourth of the peanut butter mixture; top with one-fourth of the pear slices.
3. Fold each filled waffle into a taco shape; serve immediately.

NUTRITION INFORMATION (per serving)

Calories	425	Sodium	368mg	Vitamin A	5% DV
Calories from Fat	40%	Carbohydrate	39g	Vitamin C	7% DV
Fat	26g	Dietary Fiber	5g	Calcium	13% DV
Saturated Fat	5g	Sugar	20g	Potassium	12% DV
Cholesterol	37mg	Protein	15g	Iron	12% DV

PEAR BUTTERMILK SODA BREAD

MAKES 1 LOAF



2 cups	All-purpose flour
1 cup	Whole wheat flour
1/4 cup	Sugar
2 teaspoons	Baking soda
1/2 teaspoon	Salt
1/4 cup	Butter or margarine, cut into pieces
1 can (15 ounces)	Pacific Northwest Canned Pear Halves or Slices, drained, chopped
1/2 cup	Golden raisins
3/4 cup	Buttermilk

METHOD

1. In large bowl, combine flours, sugar, baking soda and salt; mix well.
2. Using 2 knives or pastry blender, cut in butter until mixture resembles coarse crumbs.
3. Stir in pears and raisins. Add buttermilk, mixing until just combined.
4. Turn dough onto floured surface. With floured hands, knead 10 times. (Dough will be moist.)
5. Form into ball; place on lightly greased baking sheet. With sharp knife, cut a deep "X" into top of loaf.
6. Bake at 350°F for 45 to 50 minutes or until browned. Cool on wire rack.

NUTRITION INFORMATION (per 5-ounce serving)

Calories	311	Sodium	549mg	Vitamin A	6% DV
Calories from Fat	18%	Carbohydrate	58g	Vitamin C	1% DV
Fat	6g	Dietary Fiber	4g	Calcium	5% DV
Saturated Fat	4g	Sugar	22g	Potassium	7% DV
Cholesterol	16mg	Protein	6g	Iron	14% DV



appetizers

ASIAN GRILLED SHRIMP

MAKES 12 SERVINGS



- 1/2 cup
- 1/2 cup
- 1/4 cup
- 3 tablespoons
- 1-2 tablespoons
- 2 Tbsp.
- 72 pieces
- 24
- 12 leaves
- 3 cups
- 1/2 cup

*PEAR RELISH

2-1/2 cups

- 1/3 cup
- 1/4 cup
- 1/4 cup
- 3 Tbsp.
- 1 tsp.

Pacific Northwest Canned Pear juice

- Soy sauce
- Rice wine vinegar
- Dark sesame oil
- Chili-garlic sauce
- Ginger, pickled, minced
- Shrimp, peeled and deveined (1 count/lb.)
- Bamboo skewers, soaked in water
- Baby bib lettuce leaves
- Pear Relish*
- Dark sesame oil

Pacific Northwest Canned Pears, finely diced, juice reserved for marinade

- Cilantro, minced
- Red onion, finely diced
- Rice wine vinegar
- Fish sauce
- Chili-garlic sauce

METHOD

1. In container with lid whisk together Pear juice, soy sauce, vinegar, oil, chili sauce and ginger. Add shrimp, toss to coat, cover and refrigerate 1-2 hours, stirring occasionally. Before cooking, remove shrimp from marinade and drain.
2. Weave shrimp evenly onto skewers, 3 shrimp per skewer.
3. To Prepare: Grill 2 skewers per serving to order over medium-high heat.
4. To Serve: for each serving, place lettuce leaf on plate and mound 1/4 cup Pear Relish* over leaf. Top with 2 shrimp skewers and drizzle with 2 teaspoons sesame oil. Garnish with fresh cilantro sprig.

Pear Relish: In a bowl, combine all ingredients; toss to mix well; cover and refrigerate at least 2 hours before serving as directed. Mixture may be processed slightly to make texture smoother to serve as dipping sauce.

NUTRITION INFORMATION (per serving)

Calories	288	Sodium	1492mg	Vitamin A	13% DV
Calories from Fat	125	Carbohydrate	12g	Vitamin C	16% DV
Fat	14g	Dietary Fiber	1g	Calcium	6% DV
Saturated Fat	2g	Sugar	10g	Potassium	9% DV
Cholesterol	252 mg	Protein	29g	Iron	25% DV

FIRE AND ICE SALSA

MAKES 4 CUPS



1 can (15 ounces)	Pacific Northwest Canned Pear Halves or Slices, drained, chopped
1-1/2 cups	Seedless watermelon, finely chopped, drained
1 cup	Red or yellow sweet bell pepper, finely chopped
1/2 cup	Green onion, minced
1/3 cup	Cilantro, minced
2-3	Jalapeno or Serrano chilies, seeded and minced
3 tablespoons	Lime or lemon juice

METHOD

1. Drain pears well and chop finely.
2. In a medium bowl combine the pears, watermelon, bell pepper, onion, cilantro, chilies and lime juice until blended.
3. Let stand for 15 minutes to allow flavors to blend, or cover and chill up to several hours before serving time. Serve with desired dippers.

SERVING SUGGESTIONS

This salsa is superb for chips, but try it also on grilled chicken, burgers, pork and beef. It also makes a great sandwich condiment. Refrigerate for up to a week.

NUTRITION INFORMATION (per 1/4-cup serving)

Calories	23	Sodium	3mg	Vitamin A	7% DV
Calories from Fat	0%	Carbohydrate	6g	Vitamin C	37% DV
Fat	.10g	Dietary Fiber	1g	Calcium	0% DV
Saturated Fat	.01g	Sugar	5g	Potassium	2% DV
Cholesterol	0mg	Protein	.39g	Iron	1% DV

GORGONZOLA AND PEAR CROSTINI

MAKES ABOUT 2 CUPS



- | | |
|-------------------|---|
| 1 can (15 ounces) | Pacific Northwest Canned Pear Halves or Slices, drained, chopped |
| 1 cup | Gorgonzola cheese, crumbled |
| 1/2 cup | Cream cheese, softened |
| 1/4 cup | Hazelnuts, toasted, chopped |
| 1 (10 ounce) | French bread baguette, cut into 1/2" slices, toasted |
| As needed | Fresh watercress |

METHOD

1. In medium bowl, combine pears, cheeses and nuts; mix well. Refrigerate until ready to serve.
2. To serve, spread toasted baguette slices with cheese mixture; garnish each with watercress sprig.

NUTRITION INFORMATION (per 2-tablespoon serving on 1 baguette slice)

Calories	152	Sodium	224mg	Vitamin A	5% DV
Calories from Fat	43%	Carbohydrate	18g	Vitamin C	0% DV
Fat	7g	Dietary Fiber	2g	Calcium	5% DV
Saturated Fat	3g	Sugar	3g	Potassium	2% DV
Cholesterol	14mg	Protein	4g	Iron	3% DV

PACIFIC NORTHWEST SALSA

MAKES ABOUT 2 CUPS



- | | |
|-------------------|---|
| 1 can (15 ounces) | Pacific Northwest Canned Pears, diced, drained |
| 1/2 cup | Walnuts, toasted, chopped |
| 2 tablespoons | Chives, chopped |
| 1 cup (4 ounces) | Blue cheese, crumbled |

METHOD

1. In bowl, combine pears, walnuts and chives; mix well. Stir in blue cheese.
2. Serve as a dip with crackers or toasted pita bread triangles.

NUTRITION INFORMATION (per 2-tablespoon serving)

Calories	65	Sodium	100mg	Vitamin A	2% DV
Calories from Fat	60%	Carbohydrate	5g	Vitamin C	1% DV
Fat	4g	Dietary Fiber	1g	Calcium	4% DV
Saturated Fat	2g	Sugar	3g	Potassium	2% DV
Cholesterol	5mg	Protein	4g	Iron	1% DV

PEAR CROUSTADES

MAKES 12 SERVINGS



As needed
12 slices
3 cups (12 halves)
As needed
1-1/2 cups
32 leaves
3/4 cup
As needed

Olive Oil
Country white bread, sliced 1" thick
Pacific Northwest Canned Pear halves, drained
Salt and cracked black pepper
Soft prepared herbed cheese blend*
Arugula leaves
Parmesan cheese
Chives, chopped

*Alternative Cheese Mixtures

Creamy Blue

1 cup Soft blue cheese
1/2 cup Cream cheese

Herbed Goat

1-1/2 cups Soft goats cheese
1/4 cup Mixed Herbs (chives, parsley, thyme)

METHOD

1. Brush bread slices with olive oil and grill on both sides 2 minutes.
2. Brush pears halves with olive oil and sprinkle with salt and pepper.
3. Grill pears 2-3 minutes or until well marked.
4. For Each Croustade: Slice each grilled Pear half into 2 slices. Spread grilled toast with 2 tablespoons cheese blend*, top with 2-3 Arugula leaves and fan out 3 Pear slices on top.

Sprinkle each Croustade with 1 tablespoon Parmesan cheese and broil until cheese has melted. Finish with a sprinkle of chives to serve as appetizer or on lightly dressed greens.

*Alternative cheese mixtures method

1. In a bowl combine blue cheese and cream cheese; mix well.

Or

1. In a bowl combine goat's cheese and herbs; mix well.

NUTRITION INFORMATION (per serving)

Calories	232	Sodium	405mg	Vitamin A	13% DV
Calories from Fat	131	Carbohydrate	21g	Vitamin C	7% DV
Fat	15g	Dietary Fiber	2g	Calcium	16% DV
Saturated Fat	6g	Sugar	8g	Potassium	5% DV
Cholesterol	mg	Protein	7g	Iron	6% DV

PEAR RAITA BOMBAY

MAKES 1-1/4 CUPS



- | | |
|----------------------|---|
| 1 carton (8 ounces) | Low fat yogurt, plain |
| 1/4 cup | Fresh mint, chopped |
| 2 teaspoons | Lemon juice, fresh |
| 1/4 teaspoon | Salt |
| 1/4 teaspoon | Pepper |
| 1 can (8-1/2 ounces) | Pacific Northwest Canned Pears, diced, drained |

METHOD

1. In bowl, combine yogurt, mint, lemon juice, salt and pepper; mix well.
2. Stir in diced pears.
3. Chill 2 to 6 hours before serving.

NUTRITION INFORMATION (per 1/4-cup serving)

Calories	61	Sodium	154mg	Vitamin A	6% DV
Calories from Fat	11%	Carbohydrate	11g	Vitamin C	3% DV
Fat	1g	Dietary Fiber	1g	Calcium	10% DV
Saturated Fat	1g	Sugar	9g	Potassium	5% DV
Cholesterol	3g	Protein	3g	Iron	4% DV

PEAR ROLL-UPS

MAKES 16 ROLLS



2 cans (15 ounces) **Pacific Northwest Canned Pear Halves or Slices**

METHOD

1. Line 2 flat baking sheets with foil sprayed lightly with cooking spray.
2. Drain pears, reserving 1/2 cup liquid.
3. In a blender or food processor, combine pears and reserved liquid; process until well pureed.
4. Pour 1/2 of pureed mixture evenly onto each foil-lined sheet. Spread so that puree is evenly distributed and is 1/8 to 1/4" thick.
5. Place on racks in 175°F oven. With oven door ajar, allow mixture to dry (about 2 to 3 hours) until fruit is tacky and pulls off of foil in one piece.
6. Cut each pan into 8 strips. Lay strips on plastic wrap and form into roll-ups. Store roll-ups in an air-tight container.

NUTRITION INFORMATION (per 1 roll-up)

Calories	30	Sodium	4mg	Vitamin A	1% DV
Calories from Fat	0%	Carbohydrate	8g	Vitamin C	3% DV
Fat	.03g	Dietary Fiber	.38g	Calcium	0% DV
Saturated Fat	0g	Sugar	7g	Potassium	0% DV
Cholesterol	0mg	Protein	.38g	Iron	0% DV

WARM FRUIT COMPOTE

MAKES 12 SERVINGS



1 can (15 ounces)	Pacific Northwest Canned Pear Halves, drained
1/3 cup	Light brown sugar
2 tablespoons	Butter
2 teaspoons	Cornstarch
1/2 teaspoon OR	Curry powder OR
1 tablespoon	Mint leaves, fresh, chopped
1 can (20 ounces)	Pineapple chunks, drained
1 can (11 ounces) OR	Mandarin oranges, drained OR
1 cup	Orange sections, fresh

METHOD

1. Drain pears; reserve 1 tablespoon juice.
2. In small saucepan, combine brown sugar, butter, cornstarch, curry powder and reserved juice; stir to mix. Cook and stir over medium heat until thickened.
3. In 1-quart ovenproof baking dish, layer pineapple, oranges and pears. Pour sugar mixture over fruit.
4. Bake, uncovered, and at 350°F for 30 minutes or until fruit is heated through.
5. Serve with ham, lamb or chicken or as a fruit side dish for brunch.

NUTRITION INFORMATION (per 1-tablespoon serving)

Calories	31	Sodium	8mg	Vitamin A	3% DV
Calories from Fat	17%	Carbohydrate	7g	Vitamin C	4% DV
Fat	1g	Dietary Fiber	1g	Calcium	0% DV
Saturated Fat	1g	Sugar	6g	Potassium	1% DV
Cholesterol	2mg	Protein	0g	Iron	1% DV



salads

ALL-AMERICAN CHOPPED SALAD

MAKES 4 SERVINGS



6 cups	Salad greens, mixed
2	Eggs, hard-cooked, chopped
1 can (15 ounces)	Pacific Northwest Canned Pear Slices, drained
1 large	Tomato, cut in wedges
4 slices	Bacon, cooked and crumbled
3/4 cup	Ranch dressing

METHOD

1. Arrange greens equally on four plates.
2. Top each with one-fourth of the chopped egg, sliced pears, tomato wedges and crumbled bacon.
3. Drizzle dressing on top.

NUTRITION INFORMATION (per serving)

Calories	381	Sodium	593mg	Vitamin A	77% DV
Calories from Fat	68%	Carbohydrate	23g	Vitamin C	30% DV
Fat	30g	Dietary Fiber	4g	Calcium	8% DV
Saturated Fat	6g	Sugar	17g	Potassium	15% DV
Cholesterol	124mg	Protein	8g	Iron	11% DV

BBQ CHICKEN AND PEAR SALAD

MAKES 12 SERVINGS



4 pounds 8 ounces (12 x 6-ounce)	Boneless chicken breasts and thighs
2-3 tablespoons	Vegetable oil
2 tablespoons	Dry BBQ seasoning rub
1-1/2 cups	Pear BBQ Sauce*
1-1/2 quarts (24 halves)	Pacific northwest Canned Pears, halves, reserve juice
1/4 cup	Honey
1/4 cup	Vegetable Oil
3 tablespoons	Dry BBQ seasoning rub
3 quarts	Hearty salad greens
1 quart	Frozen peas, thawed
1 quart	Roasted corn kernels
3 cups	Crisp bacon bits
1-1/2 cups	Scallion, sliced
*PEAR BBQ SAUCE (1 quart)	Vegetable Oil
1/4 cup	Garlic, minced
2 tablespoons	Onion, yellow, diced
1 cup	Pacific Northwest Canned Pears, diced, with juice
2 cups diced pear + 2 cups juice	Hoisin sauce
1 cup	Catsup
1 cup	Chili-garlic sauce/paste
1-1/2 teaspoons	**BALSAMIC-PEAR VINAIGRETTE (2-1/4 cups)
**BALSAMIC-PEAR VINAIGRETTE (2-1/4 cups)	Balsamic vinegar
1/3 cup	Reserved Pear juice
1/3 cup	Dijon mustard
3 tablespoons	Olive oil
1-1/2 cups	Salt and ground black pepper
To taste	

METHOD

1. Lay out chicken pieces on an oiled sheetpan and brush with oil. Sprinkle with seasoning rub liberally.
2. Grill until browned on both sides and cooked almost through. Place back on sheetpan and brush liberally with 1 cup Pear BBQ sauce*. Bake in 450°F conventional or 400°F convection oven, continue to cook until BBQ sauce becomes browned and bubbly. Cool to room temperature and use directed. If not using immediately, cover and refrigerate until ready to serve. Bring to room temperature or heat slightly to serve.

3. On an oiled sheetpan spread out Pear halves in an even layer. Place under broiler for 3 minutes.
4. Mix honey, BBQ seasoning rub and oil and blend well.
5. Brush tops of Pear halves liberally with honey mixture and broil until browned and bubbly, basting often during broiling. Cool to room temperature to serve. Cover and refrigerate if not using immediately. Bring to room temperature before serving.
6. To Serve: For each salad spread 1 cup greens over chilled dinner plate and top with 5 ounces sliced chicken. Arrange 1/2 cup peas, 1/2 cup corn, 1/4 cup bacon pieces and 1/4 cup scallions around chicken on lettuce. Arrange 4 barbecued pear slices around edge of salad and serve with 3 Tbsp. Balsamic-Pear Vinaigrette**. If desired, serve with extra Pear BBQ Sauce* in a ramekin on the side.

Pear BBQ Sauce: In large saucepan heat oil over medium heat; add garlic and sauté 30 seconds. Stir in onion and continue cooking 3 minutes, stirring often. Add pears and cook 3 minutes. Stir in pear juice, Hoisin, catsup, and chili paste; bring to boil, reduce heat and simmer 30 minutes until reduced and thickened. Remove from heat and cool.

With a hand blended or in a food processor, process mixture until smooth. Pour into covered container and let stand at least 4 hours before using as directed. Refrigerate in not using immediately.

Balsamic-Pear Vinaigrette: In container with cover mix vinegar and pear juice; stir in mustard. Whisk in oil until thick and smooth. Adjust seasonings with salt and pepper. Use as directed.

NUTRITION INFORMATION (per serving)

Calories	899	Sodium	2250mg	Vitamin A	60% DV
Calories from Fat	458	Carbohydrate	64g	Vitamin C	46% DV
Fat	51g	Dietary Fiber	8g	Calcium	9% DV
Saturated Fat	9g	Sugar	38g	Potassium	25% DV
Cholesterol	123mg	Protein	50g	Iron	26% DV

NORTHWEST TUNA SALAD

MAKES 4 MAIN DISH SERVINGS



1/2 cup	Celery, finely chopped
1/4 cup	Onion, finely chopped
1/3 cup	Mayonnaise
1 tablespoon	Lemon juice, fresh
1/4 teaspoon	Salt
1 can (12 ounces)	Tuna, water-packed, drained
1 can (8 ounces)	Pacific Northwest Canned Pear Dices, drained

METHOD

1. In bowl, combine celery and onion. Stir in mayonnaise, lemon juice and salt.
2. Add tuna and diced pears; stir gently to blend.
3. Serve as a salad in lettuce cup, or to make sandwiches.

NUTRITION INFORMATION (per serving)

Calories	271	Sodium	556mg	Vitamin A	4% DV
Calories from Fat	52%	Carbohydrate	10g	Vitamin C	5% DV
Fat	16g	Dietary Fiber	1g	Calcium	2% DV
Saturated Fat	3g	Sugar	8g	Potassium	9% DV
Cholesterol	35mg	Protein	22g	Iron	9% DV

NUTTY PEAR SLAW

MAKES 8 SERVINGS



3 cups (8 ounces)

1 can (15 ounces)

1/2 cup

Coleslaw mix, packaged

Pacific Northwest Canned Pear Halves, chopped

Dry roasted peanuts

DRESSING

1/4 cup

2 tablespoons

2 tablespoons

1-1/2 teaspoons

1/2 teaspoon

1/4 teaspoon

Olive or vegetable oil

Orange juice

White wine vinegar

Dijon-style mustard

Onion salt

Black pepper, coarsely ground

METHOD

1. In small bowl, combine dressing ingredients, whisk until blended.
2. In large bowl, combine coleslaw mix and pears.
3. Add dressing; toss lightly to coat.
4. Add chopped peanuts; re-toss just before serving.

NUTRITION INFORMATION (per serving)

Calories	153	Sodium	145mg	Vitamin A	1% DV
Calories from Fat	64%	Carbohydrate	12g	Vitamin C	18% DV
Fat	11g	Dietary Fiber	2g	Calcium	2% DV
Saturated Fat	2g	Sugar	8g	Potassium	5% DV
Cholesterol	0mg	Protein	3g	Iron	3% DV

PEAR AND SHRIMP SALAD WITH HERB DRESSING

MAKES 4 SERVINGS



3 tablespoons	Tarragon vinegar
1/4 cup	Olive oil
1 tablespoon	Honey
1 tablespoon	Parsley, fresh, snipped
1 tablespoon	Basil, fresh, chopped
1/2 teaspoon	Garlic, minced
6 cups	Salad greens, mixed
1/2 cup	Green onions, sliced
1/2 large	Red pepper, cut in thin strips
1/2 pound	Shrimp, cooked
1 pound	Asparagus, fresh, trimmed, cooked and chilled
1	Avocado, peeled and sliced
1 can (15 ounces)	Pacific Northwest Canned Pear Slices, drained

METHOD

1. For Dressing: combine vinegar, oil and honey; whisk to blend. Stir in parsley, basil and garlic.
2. In bowl, combine the greens, onions, red pepper and 1/4 cup of the dressing; toss to mix.
3. Divide evenly between four plates.
4. Arrange shrimp, asparagus, avocado and pears on top of greens.
5. Drizzle with remaining dressing.

NUTRITION INFORMATION (per serving)

Calories	358	Sodium	164mg	Vitamin A	110% DV
Calories from Fat	49%	Carbohydrate	32g	Vitamin C	88% DV
Fat	21g	Dietary Fiber	9g	Calcium	8% DV
Saturated Fat	3g	Sugar	20g	Potassium	23% DV
Cholesterol	111mg	Protein	17g	Iron	21% DV

PEAR UP CARROT SALAD

MAKES 5 SERVINGS



1 cup	Carrots, coarsely shredded
1/4 cup	Celery, finely chopped
2 tablespoons	Onion, finely chopped
1 tablespoon	Parsley, chopped
1/4 teaspoon	Salt
2 tablespoons	Honey mustard salad dressing, reduced-fat
1 can (15 ounces)	Pacific Northwest Canned Pear Halves, drained

METHOD

1. In bowl, combine carrots, celery, onion, parsley and salt. Mix well.
2. Stir in salad dressing.
3. Mound 3 to 4 tablespoons mixture on each pear half.
4. Serve on lettuce leaf, if desired.

NUTRITIO INFORMATION (per 1/2-cup serving)

Calories	71	Sodium	190mg	Vitamin A	178% DV
Calories from Fat	13%	Carbohydrate	16g	Vitamin C	6% DV
Fat	1%	Dietary Fiber	2g	Calcium	1% DV
Saturated Fat	0g	Sugar	12g	Potassium	5% DV
Cholesterol	0mg	Protein	1g	Iron	2% DV

PEAR WALDORF SALAD

MAKES 6 TO 8 SERVINGS



3 tablespoons	Mayonnaise
1/4 cup	Low fat yogurt, plain
1 tablespoon	Parsley or fresh mint, chopped
1/8 teaspoon	Salt
Dash	Nutmeg
Dash	White pepper
1 cup	Celery, finely chopped
1/2 cup	Walnuts, toasted and chopped
2 cans (15 ounces)	Pacific Northwest Canned Pear Dices, drained

METHOD

5. In bowl, combine mayonnaise, yogurt, parsley, salt, nutmeg and pepper; mix well.
6. Add celery, walnuts and pears. Toss to mix.
7. Cover and chill at least 1 hour.
8. Serve on lettuce leaf, if desired.

NUTRITION INFORMATION (per 1/2-cup serving)

Calories	155	Sodium	90mg	Vitamin A	2% DV
Calories from Fat	51%	Carbohydrate	18g	Vitamin C	3% DV
Fat	9g	Dietary Fiber	2g	Calcium	3% DV
Saturated Fat	1g	Sugar	14g	Potassium	5% DV
Cholesterol	3mg	Protein	2g	Iron	4% DV

TANDOORI-SPICED PEAR & SALMON SALAD

YIELD: 12 SERVINGS



1-1/2 quarts (24 halves)	Pacific Northwest Canned Pear halves, drained, juice reserved
1/2 cup	Pomegranate Syrup*
3 tablespoons	Olive oil
3 tablespoons	Tandoori spice rub
Optional	Kosher salt and ground black pepper
12 6-ounce fillets	Salmon fillets, skinned
1/4 cup	Olive oil
3 tablespoons	Tandorri spice rub
3 quarts	Herb Salad mix
36 sticks	Cucumber, cut into 2-inch sticks
1 quart	Carrot, shredded
3 cups	Grape tomatoes, halves
1-1/2 cups	Feta or goats cheese, crumbled
3/4 cup	Pistachio nuts, toasted, chopped
	Pear-Pomegranate Vinaigrette**
*POMEGRANATE SYRUP (1 cup)	
1 quart	Pomegranate juice
**PEAR-POMEGRANATE SYRUP (2 1/4 cups)	
1/2 cup	Reserved Pear Juice
1/3 cup	Pomegranate Syrup*
3 tablespoons	Lemon juice
3 tablespoons	Red onion, minced
1 tablespoon	Garlic, minced
1-1/4 cups	Olive oil
As needed	Kosher salt and ground black pepper

METHOD

1. Lay out Pear halves on greased sheetpan. Mix Pomegranate Syrup* and olive oil and brush both sides of Pear halves liberally. Sprinkle both sides of pear halves evenly with spice rub, and salt and pepper, if desired.
2. Roast slices in 400°F convection oven until golden and bubbling. Remove from heat and cool to room temperature.
3. Lay salmon fillets out on sheetpan. Brush both sides of salmon with olive oil and sprinkle both sides with spice rub. Grill salmon until almost done. Remove from heat; lay out on sheetpan to cool to room temperature. Cover and refrigerate until ready to serve. Bring to room temperature to serve.

4. To Serve: For each serving, mound 1 cup salad mix on a chilled plate. Top with grilled salmon along with 3 cucumber sticks, 1/3 cup shredded carrot and 1/4 cup grape tomato halves. Drizzle with 3 tablespoons Pear pomegranate Vinaigrette.* Top with 2 tablespoons crumbled cheese and 1 tablespoon pistachios.

Pomegranate Syrup: In deep-sided saucepan bring pomegranate juice to a boil; reduce heat to a rolling simmer and reduce liquid by 3/4 to 1 cup. Remove from heat, cool to room temperature and store in covered glass container in refrigerator until ready to use as directed.

Pear-Pomegranate Vinaigrette: In a blender or food processor blend pear juice and Pomegranate Syrup* with lemon juice. Add onion and garlic and pulse until incorporated. With processor running, slowly add olive oil until thick. Place in covered container and season with salt and pepper. Let stand, covered, at least 2 hours before serving.

NUTRITION INFORMATION (per serving)

Calories	847	Sodium	401mg	Vitamin A	122% DV
Calories from Fat	470	Carbohydrate	51g	Vitamin C	31% DV
Fat	52g	Dietary Fiber	7g	Calcium	18% DV
Saturated Fat	10g	Sugar	37g	Potassium	34% DV
Cholesterol	140mg	Protein	45g	Iron	21% DV

THAI-STYLE PEAR SALAD

MAKES 4 SERVINGS



DRESSING

1/4 cup	Rice wine vinegar
1/4 cup	Vegetable oil
2 teaspoons	Thai fish sauce or light soy sauce
3/4 teaspoon	Sugar
1/4 teaspoon	Red pepper flakes, crushed

1 can (15 ounces)

Pacific Northwest Canned Pear Slices, drained

8 cups	Romaine lettuce, chopped
1 medium	Carrot, cut in julienne strips
1/3 cup	Peanuts, dry roasted
Optional	Mint, fresh, chopped
Optional	Egg roll wrapper, deep-fried strips

METHOD

1. For dressing, whisk together rice wine vinegar, oil, fish sauce, sugar and red pepper flakes.
2. Halve pear slices and marinate in 1/4 cup of the dressing for about 1 hour.
3. To serve, in large bowl combine romaine and carrots.
4. Top with pears and remaining dressing. Toss to coat evenly.
5. Sprinkle peanuts on top and add optional garnishes, as desired.

NUTRITION INFORMATION (per serving)

Calories	280	Sodium	253mg	Vitamin A	212% DV
Calories from Fat	61%	Carbohydrate	24g	Vitamin C	39% DV
Fat	20g	Dietary Fiber	5g	Calcium	6% DV
Saturated Fat	3g	Sugar	16g	Potassium	16% DV
Cholesterol	0mg	Protein	5g	Iron	11% DV



light meals

PACIFIC NORTHWEST PITAS

MAKES 4 SERVINGS



1 can (15 ounces)
4
4
8 ounces
8 slices (8 ounces)
As needed

Pacific Northwest Canned Pear Slices, drained
Pita bread rounds, halved
Lettuce leaves, large, washed and drained
Ham, thinly sliced
Cheddar cheese
Prepared low-fat ranch salad dressing

METHOD

1. To assemble sandwiches, open pita pocket halves and line with lettuce.
2. Layer enough ham slices, pear slices and cheese to fill each pocket evenly.
3. Drizzle with ranch dressing as desired.

NUTRITION INFORMATION (per serving with 1-tablespoon dressing)

Calories	568	Sodium	1654mg	Vitamin A	14% DV
Calories from Fat	42%	Carbohydrate	50g	Vitamin C	6% DV
Fat	27g	Dietary Fiber	2g	Calcium	46% DV
Saturated Fat	14g	Sugar	14g	Potassium	10% DV
Cholesterol	92mg	Protein	31g	Iron	11% DV

PEAR AND PEPPER QUESADILLA WITH PEAR SALSA

MAKES 12 SERVINGS



1 quart
1 quart
1 quart
3 cups
2 cups
2 tablespoons
12 x 10"
1-1/2 quarts

Pacific Northwest Canned Pears, drained, diced
Red bell pepper, diced
Ham, diced
Scallions, sliced
Cilantro, coarsely chopped
Canned chipotle peppers, chopped
Flour tortillas
Smoked Cheddar/Jack or Gouda cheese, shredded

As needed
3 cups
As needed
3 cups

Vegetable or canola oil
Sour cream
Hot pepper sauce
Pear Salsa*

*PEAR SALSA

2-1/2 cups
1/4 cup juice
1/2 cup
1/2 cup
3 tablespoons
2-3 tablespoons
2 tablespoons
As needed

Pacific Northwest Canned Pears, diced
Reserve pear juice
Scallion, sliced
Red bell pepper, diced
Cilantro, minced
Lime juice
Jalapeno, seeded, chopped
Salt and ground black pepper

METHOD

1. In a bowl combine diced pear, red pepper, ham, scallion, cilantro and chipotles; mix well, cover and keep refrigerated until ready to use.
2. To Assemble Each Quesadilla: Lay out a flour tortilla on a clean, dry surface. Top one half of each tortilla with approximately 1 cup of pear mixture. Top each tortilla with 1/2 cup shredded cheese. Fold in half.
3. Place on sheetpan, cover tightly with plastic wrap and keep refrigerated until ready to prepare and serve. May be assembled up to 2 hours in advance.
4. To Prepare Quesadillas: Heat 2 teaspoons oil in large skillet or griddle over medium heat; heat each quesadilla until slightly golden and flip to brown the other side. When cheese is melted and quesadilla is heated through, remove from heat and serve on plate, cut into 4 wedges. Top with a 1/4 cup dollop of sour cream, a splash of pepper sauce and 1/4 cup Pear Salsa*.

*Pear Salsa (3 cups): In bowl combine all ingredients; mix well. Place in covered container and refrigerate at least 2 hours before serving as directed.

NUTRITION INFORMATION (per serving)

Calories	828	Sodium	918mg	Vitamin A	51% DV
Calories from Fat	387	Carbohydrate	66g	Vitamin C	61% DV
Fat	43g	Dietary Fiber	6g	Calcium	53% DV
Saturated Fat	21g	Sugar	16g	Potassium	18% DV
Cholesterol	156mg	Protein	46g	Iron	23% DV

PEAR BUTTERNUT SQUASH SOUP

MAKES 6 SERVINGS



2 tablespoons	Vegetable oil
2 teaspoons	Curry powder
2 pounds (approx. 5 cups)	Butternut squash, peeled, cut into 1" pieces
1 medium	Onion, cut into 1" pieces
1 can (15 ounces)	Pacific Northwest Canned Pear Halves or Slices, drained
2 cans (14-1/2 ounces ea.)	Chicken broth, ready-to-serve
3/4 cup	Milk
1 teaspoon	Salt
1/8 teaspoon	Cayenne pepper
As Needed	Heavy cream
As needed	Chives, snipped (for garnish)

METHOD

1. In large bowl, combine oil and curry powder; add squash and onions, tossing to coat. Transfer to 15 x 10" baking pan; roast at 425°F for 35 to 45 minutes or until tender.
2. Combine squash mixture, pears and 1 can broth in blender or food processor container; process until smooth. (Recipe to this point can be made ahead; cover and refrigerate up to 2 days.)
3. Transfer to large saucepan; stir in remaining broth and milk. Season with salt and cayenne pepper. Bring soup to a boil; reduce heat and simmer, uncovered, 5 minutes.
4. For each serving, swirl in a tablespoon of heavy cream and garnish with chives, if desired.

NUTRITION INFORMATION (per 1-1/2 cup serving)

Calories	180	Sodium	995mg	Vitamin A	285% DV
Calories from Fat	31%	Carbohydrate	30g	Vitamin C	38% DV
Fat	7g	Dietary Fiber	6g	Calcium	11% DV
Saturated Fat	1g	Sugar	15g	Potassium	17% DV
Cholesterol	2mg	Protein	4g	Iron	7% DV

PEAR-STUFFED SWEET POTATOES

MAKES 12 SERVINGS



12	Sweet potatoes, scrubbed
1/4 cup	Roasted garlic puree
1/2 cup	Butter, softened
1/4 cup	Crystallized ginger, finally chopped
3 cups	Goats cheese, at room temperature
1/2-3/4 cup	Reserved pear juice
3 cups	Pacific Northwest Canned Pears, drained and diced
3/4 cup	Chives, minced

METHOD

1. Scrub sweet potatoes and poke them in several places with a fork. Place on sheetpan.
2. Roast potatoes in a 400°F conventional or 350°F convection oven for 1 hour or until tender. Remove from the heat and cool almost to room temperature.
3. Cut the top third off of the sweet potatoes and gently scoop out filing leaving skins intact and a thin layer of potato in the skin. Lay the hollowed skins, with scooped-side up, on a greased sheetpan.
4. Place sweet potato meat and garlic in mixer equipped with a paddle and mix until smooth. Add butter and ginger and blend. Add cheese and reserved Pear juice and mix well. Fold in diced Pears and re-stuff mixture into the reserved potato shells*.
5. Bake stuffed potatoes in a 400°F conventional or 350°F convection oven 12-16 minutes or until heated through. Sprinkle potatoes with chives to serve.

*Mixture can also be transferred into a lightly greased half steam table pan and baked 18-20 minutes.

NUTRITION INFORMATION (per serving)

Calories	549	Sodium	283mg	Vitamin A	791% DV
Calories from Fat	167	Carbohydrate	79g	Vitamin C	88% DV
Fat	18g	Dietary Fiber	10g	Calcium	16% DV
Saturated Fat	12g	Sugar	56g	Potassium	28 % DV
Cholesterol	36mg	Protein	16g	Iron	33% DV

SALMON BURGERS WITH CUBAN PEAR MOJO SAUCE

MAKES 4 SERVINGS



MOJO SAUCE

2 teaspoons	Olive or vegetable oil
2	Jalapeno or Serrano chilies, seeded and minced
4 cloves	Garlic, minced
1 can (15 ounces)	Pacific Northwest Canned Pear Slices
3 tablespoons	Lime juice
1/2 teaspoon	Salt

BURGERS

1 pound	Salmon fillet, skinned
4 slices (thick)	Red onion
4	Kaiser or onion rolls, toasted

METHOD

1. For Mojo Sauce: In a medium saucepan, heat oil; sauté chilies and garlic for 1 minute, stirring frequently. Remove from heat.
2. Drain pears, reserving 3 tablespoons of the juice. Stir the reserved pear juice, lime juice and salt into saucepan.
3. Return pan to heat and bring mixture to boiling. Remove from heat; set aside.
4. For Salmon: Prepare medium-hot coals. Cut salmon into four pieces to make four square “burgers.”
5. Arrange salmon pieces on grill; brush with some of the Mojo sauce. Grill salmon five minutes, brushing again with sauce.
6. Add onion slices; brush salmon and onion with Mojo sauce. Grill for five to seven minutes more until salmon flakes easily with fork.
7. To Serve: Transfer salmon to toasted buns; top each burger with onion and sliced pears. Drizzle with additional Mojo sauce. Add bun tops and serve.

NUTRITION INFORMATION (per 4-ounce serving)

Calories	462	Sodium	668mg	Vitamin A	4% DV
Calories from Fat	20%	Carbohydrate	53g	Vitamin C	23% DV
Fat	13g	Dietary Fiber	3g	Calcium	8% DV
Saturated Fat	2g	Sugar	22g	Potassium	23% DV
Cholesterol	72mg	Protein	33g	Iron	17% DV

THAI CHICKEN AND PEAR LETTUCE WRAPS

MAKES 3 SERVINGS



1 can (15 ounces)
2
1/2 cup
1/4 cup
2 tablespoons
1 tablespoon
1-1/2 teaspoons
1 tablespoon
2
9-10

Pacific Northwest Canned Pear Halves or Slices

Boneless, skinless chicken breasts, cooked and diced
Peanut halves, salted
Green onions, sliced
Cilantro, minced
Thai fish sauce* or olive oil
Brown sugar
Lime or lemon juice
Serrano chilies, seeded and minced
Head lettuce or leaf lettuce leaves

*Thai fish sauce (nam pla) is available in the Asian section of large supermarkets or Asian markets. You can substitute olive oil for the Thai fish sauce for a different, but flavorful, dressing for this dish.

METHOD

1. Drain pears, reserving 2 tablespoons of the juice. Dice the pears.
2. In a large bowl toss together pears, chicken, peanuts, green onion and cilantro.
3. In a small bowl whisk together the Thai fish sauce or olive oil, brown sugar, reserved pear juice, lime juice and chilies.
4. Pour dressing over chicken mixture. Cover and chill several hours or overnight.
5. To make wraps, spoon about 1/3 cup of the mixture onto a lettuce leaf. Fold in sides of lettuce leaf; then roll up like a burrito. Repeat with remaining filling and lettuce leaves. Makes about 4 cups salad mixture.

NUTRITION INFORMATION (per serving)

Calories	314	Sodium	595mg	Vitamin A	6% DV
Calories from Fat	21%	Carbohydrate	26g	Vitamin C	18% DV
Fat	14g	Dietary Fiber	4g	Calcium	4% DV
Saturated Fat	2g	Sugar	21g	Potassium	12% DV
Cholesterol	42mg	Protein	24g	Iron	7% DV



entrées

CHINESE CHICKEN WITH PEARS

MAKES 4 SERVINGS



1 pound	Chicken, boneless and skinless
1 cup	Chicken broth
1/4 cup	Soy sauce
1 tablespoon	Cornstarch
1 teaspoon	Ground ginger
1 teaspoon	Sesame oil
1/4 teaspoon	Red pepper flakes, crushed
1 tablespoon	Oil
1 cup	Green onions, diagonally sliced
2 teaspoons	Garlic, minced
1 can (8 ounces)	Water chestnuts, sliced and drained
1 can (15 ounces)	Pacific Northwest Canned Pear Slices, drained

METHOD

1. Thinly slice chicken into bite-size pieces; set aside.
2. Combine broth, soy sauce, cornstarch, ginger, sesame oil and red pepper flakes; set aside.
3. In large skillet or wok, heat oil. Add onion, garlic and half of the chicken.
4. Stir-fry over medium-high heat for 3 minutes. Remove from skillet.
5. Add remaining chicken; stir-fry 2 minutes.
6. Return all to skillet along with water chestnuts. Add broth mixture; cook and stir until thickened.
7. Stir in pear slices; cook 1 minute to heat through.
8. Serve over chow mein noodles or hot cooked rice.

CHINESE CHICKEN SALAD WITH PEARS

Serve hot chicken mixture over shredded lettuce or in lettuce cups.

NUTRITION INFORMATION (per 4-ounce serving)

Calories	293	Sodium	1261mg	Vitamin A	9% DV
Calories from Fat	21%	Carbohydrate	28g	Vitamin C	10% DV
Fat	7g	Dietary Fiber	5g	Calcium	4% DV
Saturated Fat	1g	Sugar	14g	Potassium	13% DV
Cholesterol	66mg	Protein	30g	Iron	94% DV

MOROCCAN CHICKEN STEW

MAKES 4 MAIN DISH SERVINGS



1 to 1-1/4 pounds	Chicken thighs, boneless and skinless
2 tablespoons	Oil
1/2 teaspoon	Salt
1/2 teaspoon	Pepper
1 medium	Onion, thinly sliced
1 cup	Carrots, diagonally sliced
3 tablespoons	Flour
1 teaspoon	Ground cumin
1/2 teaspoon	Turmeric
1/4 teaspoon	Red pepper flakes, crushed
1/4 teaspoon	Cinnamon
2 cups	Chicken broth
1 can (15 ounces)	Garbanzo beans, drained
1 can (15 ounces)	Pacific Northwest Canned Pears, diced, drained
1-1/2 cups	Zucchini, sliced
2 tablespoons	Lemon juice

METHOD

1. Cut each chicken thigh into 3 or 4 pieces.
2. In large skillet heat oil. Brown chicken in hot oil about 6 to 8 minutes; season with salt and pepper. Remove chicken from pan.
3. Add onions and carrots to pan; cook until onion is wilted, about 5 minutes.
4. Stir in flour and spices; add chicken broth. Cook and stir until thickened.
5. Return chicken to skillet. Stir in garbanzo beans and pears.
6. Simmer 15 minutes over low heat until chicken is tender.
7. Add zucchini and lemon juice; cook 10 minutes more.

NUTRITION INFORMATION (per serving)

Calories	456	Sodium	1195mg	Vitamin A	269% DV
Calories from Fat	35%	Carbohydrate	46g	Vitamin C	19% DV
Fat	18g	Dietary Fiber	9g	Calcium	8% DV
Saturated Fat	3g	Sugar	19g	Potassium	15% DV
Cholesterol	76mg	Protein	29g	Iron	20% DV

PEAR ALMOND COUSCOUS

MAKES 4 SERVINGS



1 can (14-1/2 ounces)	Chicken broth
1/4 cup	Raisins
3/4 teaspoon	Salt
1/4 teaspoon	Ground cumin
1/4 teaspoon	Ground black pepper
1 can (15 ounces)	Pacific Northwest Canned Pears, diced, drained
1 tablespoon	Lemon juice, fresh
1 cup	Couscous
1/3 cup	Almonds, sliced
2 tablespoons	Cilantro, fresh, chopped
1 tablespoon	Butter or margarine

METHOD

1. In medium saucepan, combine broth, raisins, salt, cumin and pepper; bring to a boil.
2. Remove from heat; stir in remaining ingredients.
3. Cover; let stand 10 minutes. Stir before serving.

NUTRITION INFORMATION (per 1-cup serving)

Calories	341	Sodium	915mg	Vitamin A	4% DV
Calories from Fat	21%	Carbohydrate	60g	Vitamin C	4% DV
Fat	8g	Dietary Fiber	5g	Calcium	4% DV
Saturated Fat	3g	Sugar	21g	Potassium	8% DV
Cholesterol	8mg	Protein	9g	Iron	6% DV

PEAR AND GOUDA RAVIOLI WITH PINE NUTS, CAPERS, TOMATO AND BASIL

MAKES 30 RAVIOLI, 6 SERVINGS



9 ounces, drained weight	Pacific Northwest Canned Pear Dices, drained
2 ounces	Gouda cheese, shredded
1-1/2 teaspoon	Finely chopped garlic
6 ounces	Unsalted butter
3/4 ounce	Pine nuts, toasted
2 ounces	Peeled, seeded, and finely diced tomato
2-1/2 teaspoons	Capers
To taste	Salt
To taste	Freshly ground black pepper
2 tablespoons, lightly packed	Shredded fresh basil
3	Fresh pasta sheets, 12" x 14"
As needed	Flour
6 basil sprigs	Garnish

METHOD

1. **To Prepare Filling:** Mash pears*, then drain for 30 minutes. Thoroughly combine pear, and remaining ingredients; reserve.
2. **To Prepare Sauce:** Heat butter until it just begins to brown; stir in remaining ingredients, except shredded basil; reserve.
3. **To Prepare Ravioli:** Cut 1 pasta sheet in half lengthwise. On first half sheet, starting about an inch from the edge, equally distribute 1 mounded measuring teaspoon of filling in 2 rows of 5 each. Brush edges and in between mounds with water. Cover the remaining half of pasta. Firmly press edges and in between mounds. Trim edges, then, evenly cut between mounds to form ravioli. Check edges; press again to seal firmly, if necessary. Repeat with remaining pasta sheets. Lightly dust ravioli with flour to prevent sticking.

TO SERVE

Cook ravioli in salted boiling water until just done, about 3 minutes. Meanwhile heat sauce and add shredded basil. When ravioli are done, drain well, and add to sauce. Cook a minute or two, basting ravioli with sauce. Plate and garnish with a basil sprig.

* Do not puree pears; mixture will be too liquid.

NUTRITION INFORMATION (per 1-cup serving)

Calories	434	Sodium	311mg	Vitamin A	18% DV
Calories from Fat	262	Carbohydrate	37g	Vitamin C	4% DV
Fat	29g	Dietary Fiber	2g	Calcium	8% DV
Saturated Fat	17g	Sugar	6g	Potassium	3% DV
Cholesterol	74mg	Protein	9g	Iron	9% DV

PEAR ORZO WITH PARMESAN

MAKES 6 SIDE DISH SERVINGS



1 cup	Dried orzo
1 clove	Garlic, crushed
1 tablespoon	Butter
1/4 cup	Heavy cream
1 can (15 ounces)	Pacific Northwest Canned Pear Dices, drained
1 cup	Parmesan cheese, grated
2 tablespoons	Parsley, fresh, chopped
As needed	Black pepper, coarsely ground

METHOD

1. Cook pasta according to package directions; drain.
2. In large skillet heat butter and garlic. Add cooked pasta. Cook and stir until garlic is cooked and pasta is well coated.
3. Stir in cream and pears; heat through.
4. Remove from heat; stir in Parmesan and parsley; sprinkle with pepper.

NUTRITION INFORMATION (per 1/2-cup serving)

Calories	291	Sodium	277mg	Vitamin A	11% DV
Calories from Fat	31%	Carbohydrate	40g	Vitamin C	3% DV
Fat	10g	Dietary Fiber	2g	Calcium	20% DV
Saturated Fat	6g	Sugar	11g	Potassium	4% DV
Cholesterol	29mg	Protein	11g	Iron	9% DV

PEAR PIZZAROLA

MAKES 4 SERVINGS



1 can (15 ounces)
1 cup (4 ounces)
1 cup (4 ounces)
1 (12-inch)
1/3 cup
2 tablespoons
1/2 pound
1/4 teaspoon
1/2 teaspoon

Pacific Northwest Canned Pear Halves, drained

Cheddar cheese, shredded
Mozzarella cheese, shredded
Pizza crust, prepared
Celery, chopped
Green onion, chopped
Chicken or turkey slices, cooked, cut into 1/2-inch strips
Salt
Paprika

METHOD

1. Cut pears in 1/4-inch slices; set aside.
2. In small bowl, combine mozzarella and cheddar cheeses; set aside.
3. Place pizza crust on large baking sheet. Sprinkle 1/2 of the shredded cheese mixture, then all of celery and green onion evenly over crust.
4. Arrange chicken or turkey strips on pizza; top with pear slices, remaining cheese, salt and paprika.
5. Bake at 450°F for 10 to 15 minutes, or until crust is crisp and cheese is melted.

TO MAKE INDIVIDUAL PIZZAS

Evenly divide ingredients among 4 6-inch pizza crusts. Bake as directed above.

NUTRITION INFORMATION (per serving-1/4 of 12-inch pizza)

Calories	510	Sodium	1636mg	Vitamin A	20% DV
Calories from Fat	33%	Carbohydrate	53g	Vitamin C	3% DV
Fat	18g	Dietary Fiber	3g	Calcium	42% DV
Saturated Fat	10g	Sugar	18g	Potassium	5% DV
Cholesterol	72mg	Protein	31g	Iron	18% DV

PEAR QUESADILLAS

MAKES 4 SERVINGS



- | | |
|-------------------|--|
| 4 (8-inch) | Flour tortillas, plain, tomato or whole wheat |
| 1 can (15 ounces) | Pacific Northwest Canned Pear Halves or Slices, drained |
| 2 cups (8 ounces) | Monterey jack or cheddar cheese, pre-shredded |
| 1/3 cup | Sweet red peppers, roasted, julienne-sliced and drained |
| 1/3 cup | Green onions, sliced |
| 1 can (2 ounces) | Mild green chilies, chopped, drained |

METHOD

1. Preheat oven to 350°F. On a large baking sheet place two tortillas.
2. Dice the pears; sprinkle half of the diced pears over each tortilla. Sprinkle half of the cheese, peppers, onions and chilies over each tortilla, leaving a 1-inch edge all around tortillas.
3. Top with remaining tortillas, pressing them gently over the filling.
4. Bake for 9 to 11 minutes, or until cheese is melted and filling is hot.
5. Cut each quesadilla into eight wedges; serve immediately with desired toppings.

OPTIONAL TOPPINGS

Salsa, dairy sour cream, sliced olives, sliced toasted almonds or crumbled cooked bacon.

NUTRITION INFORMATION (per serving)

Calories	432	Sodium	581mg	Vitamin A	19% DV
Calories from Fat	32%	Carbohydrate	43g	Vitamin C	45% DV
Fat	21g	Dietary Fiber	3g	Calcium	49% DV
Saturated Fat	12g	Sugar	14g	Potassium	5% DV
Cholesterol	51mg	Protein	19g	Iron	12% DV

PEAR STEAK ROLL-UP

MAKES 4 SERVINGS



2 ounces	Cream cheese
4 ounces	Blue cheese, crumbled
3 cups	Arugula, packed
1-1/2 pounds	Flank steak
1 can (15 ounces)	Pacific Northwest Canned Pear Slices, drained
6-8	Chives

METHOD

1. Preheat broiler.
2. Pound flank steak 1/2-inch thickness.
3. Spread with cream cheese. Sprinkle with blue cheese.
4. Press arugula on top of blue cheese, to within 1-inch of outside edge. Lay pears across center of meat.
5. Starting at the long end, roll meat as tightly as possible. Tie securely with chives.
6. Broil until desired doneness, about 8 minutes for 1 pound.
7. Slice and serve hot.

SERVING SUGGESTION

Mashed potatoes and corn would complete the dinner.

NUTRITION INFORMATION (per serving)

Calories	459	Sodium	549mg	Vitamin A	17% DV
Calories from Fat	39%	Carbohydrate	15g	Vitamin C	11% DV
Fat	25g	Dietary Fiber	1g	Calcium	19% DV
Saturated Fat	14g	Sugar	14g	Potassium	19% DV
Cholesterol	118mg	Protein	41g	Iron	20% DV

PERFECT PEAR TURKEY LOAF

MAKES 4 TO 6 SERVINGS



- | | |
|-------------------|---|
| 1 small | Celery stalk |
| 1 small | Carrot (or 1/2 sweet red pepper) |
| 1/2 small | Onion |
| 1 can (15 ounces) | Pacific Northwest Canned Pears, diced, drained |
| 1/2 cup | Rice, cooked |
| 2 | Eggs |
| 1 teaspoon | Italian seasoning |
| 1/2 teaspoon | Salt |
| 1/4 teaspoon | Nutmeg |
| 1/4 teaspoon | Pepper |
| 1 pound | Turkey, ground |
| 1 tablespoon | Brown mustard |
| 1 tablespoon | Soy sauce |
| 1 tablespoon | Honey |
| 1 teaspoon | Lemon juice |

METHOD

1. Clean and cut up celery, carrot and onion. In food processor bowl, process until finely chopped. Scrape into large bowl.
2. Stir in 1/2 of the diced pears (about 2/3 cup), cooked rice, eggs, Italian seasoning, salt, nutmeg and pepper.
3. Add ground turkey; mix well. Spoon mixture evenly into an 8 x 4" loaf pan.
4. In food processor bowl, combine remaining pears, mustard, soy sauce, honey and lemon juice. Process until mixture resembles applesauce. Spoon on top of loaf.
5. Bake in 350°F oven for 1-1/4 hours or until internal temperature reaches 185°F.
6. Allow to rest 10 minutes before slicing.

NUTRITION INFORMATION (per 6-ounce serving)

Calories	222	Sodium	500mg	Vitamin A	71% DV
Calories from Fat	33%	Carbohydrate	20g	Vitamin C	3% DV
Fat	8g	Dietary Fiber	2g	Calcium	3% DV
Saturated Fat	2g	Sugar	13g	Potassium	9% DV
Cholesterol	131mg	Protein	17g	Iron	11% DV

PORK CHOPS AND PEARS WITH MUSTARD CREAM SAUCE

MAKES 4 SERVINGS



MUSTARD CREAM SAUCE

1/4 cup	Shallots, finely chopped
1 tablespoon	Butter
1 tablespoon	All-purpose flour
1 tablespoon	Brown mustard
3/4 cup	Chicken broth
1/3 cup	Heavy cream
1 tablespoon	Tarragon, fresh, chopped (or 1 teaspoon dried)

4 (6 ounces each)	Pork loin chops, boneless
1/4 teaspoon	Salt
1/4 teaspoon	Pepper
4 pear halves, about 1 can (15-ounces)	Pacific Northwest Canned Pear Halves, drained

METHOD

1. For Mustard Cream Sauce: In a saucepan cook shallots in butter until tender. Stir in flour and mustard. Stir in broth, cream and tarragon. Cook and stir until thickened and bubbly. Cook 1 minute more.
2. Place pork chops on a broiling pan with rack. Sprinkle with salt and pepper. Broil about 4-inches from heat for 5 minutes.
3. Turn chops over; place pear halves around chops. Broil about 5 minutes longer until meat reads 150-155°F internal temperature with a meat thermometer and pears are heated through.
4. Serve each chop with a pear half and a drizzle of Mustard Cream Sauce.

NUTRITION INFORMATION (per serving-1 pork chop + 1/2 cup sauce)

Calories	385	Sodium	516mg	Vitamin A	15% DV
Calories from Fat	44%	Carbohydrate	16g	Vitamin C	3% DV
Fat	19g	Dietary Fiber	2g	Calcium	5% DV
Saturated Fat	9g	Sugar	10g	Potassium	16% DV
Cholesterol	140mg	Protein	37g	Iron	11% DV

ROAST PORK LOIN WITH PEAR STUFFING

MAKES 10 SERVINGS



1 tablespoon	Vegetable oil
1/4 cup	Onion, chopped
1 package (10 ounces)	Frozen chopped spinach, thawed, drained and squeezed dry
1 cup	Bread crumbs, soft
1 can (15 ounces)	Pacific Northwest Canned Pear Dices, drained
1/2 cup	Pine nuts, toasted; or walnuts, chopped
1/2 teaspoon	Salt
1/2 teaspoon	Rubbed sage
1/4 teaspoon	Pepper
1/4 teaspoon	Thyme leaves
1 (about 4 pounds)	Pork loin, boneless

METHOD

1. In medium skillet, heat oil over medium heat until hot. Add onion; cook until onion is soft, about 3 to 5 minutes.
2. Remove from heat; stir in spinach, breadcrumbs, pears, pine nuts, salt, sage, pepper and thyme; set aside.
3. Cut pocket lengthwise in roast to 1/2 inch of ends and uncut side. Spoon stuffing into pocket; tie securely with heavy string.
4. Season with salt and pepper. Place on rack in large roasting pan.
5. Bake at 325°F for 2 hours or until meat thermometer registers 160 – 170°F.
6. Remove from oven; let stand 15 minutes before slicing.

NUTRITION INFORMATION (per serving)

Calories	346	Sodium	235mg	Vitamin A	63% DV
Calories from Fat	41%	Carbohydrate	11g	Vitamin C	12% DV
Fat	16g	Dietary Fiber	2g	Calcium	6% DV
Saturated Fat	4g	Sugar	6g	Potassium	20% DV
Cholesterol	109mg	Protein	39g	Iron	17% DV

SWEDISH CHICKEN AND PEAR HASH

MAKES 4 MAIN DISH OR 6 SIDE DISH SERVINGS



1 large	Sweet potato
1 pound	Chicken or turkey, cooked and cubed
1 can (15 ounces)	Pacific Northwest Canned Pear Dices, drained
1/2 cup	Green onions, sliced
1/2 cup	Chicken broth
1/4 cup	Butter, melted
2 tablespoons	Fresh dill, chopped (or 2 teaspoons dried)
1 tablespoon	Lemon juice, fresh
1/4 teaspoon	Salt
1/4 teaspoon	Pepper
1/2 cup	Bread crumbs, soft
1 tablespoon	Butter, melted

METHOD

1. Trim, peel and coarsely shred sweet potato.
2. In large bowl, combine shredded potato, chicken cubes, diced pears, green onions, chicken broth, butter, dill, lemon juice, salt and pepper. Toss to mix well.
3. Pour into 2-quart casserole. Cover and bake in 375°F oven for 30 minutes.
4. Combine soft bread crumbs and melted butter; toss to mix.
5. Uncover and sprinkle crumbs on top of casserole. Return to oven and bake, uncovered, 10 to 15 minutes longer.

NUTRITION INFORMATION (per 1-cup serving)

Calories	379	Sodium	512mg	Vitamin A	298% DV
Calories from Fat	41%	Carbohydrate	31g	Vitamin C	22% DV
Fat	17g	Dietary Fiber	4g	Calcium	4% DV
Saturated Fat	10g	Sugar	18g	Potassium	13% DV
Cholesterol	101mg	Protein	25g	Iron	8% DV



desserts

CARAMEL CARDAMOM ROASTED PEARS

MAKES 12 SERVINGS



1 cup
2 cups
3–4*
3 Tbsp
1/4 cup
1 1/2 qt./24 halves

Butter
Brown sugar
Cardamom Pods*
Lemon juice
Rum **
Pacific Northwest Canned Pear Halves, drained

12 x 1/2 cup
3/4 cup

Vanilla ice cream
Optional: Toasted pecans or macadamia nuts, chopped

METHOD

1. In a large sauté pan melt butter; add brown sugar and cardamom pods* and bring to boil. Add lemon juice and rum, if desired, and simmer sauce 3–4 minutes.
2. Place pear halves in a 9 x 13 x 2" pan and pour caramel over pears. Gently toss to coat with sauce. Place pan with pears in a pre-heated 400°F oven and cook 15–18 minutes. Remove pears from oven and discard cardamom pods. Keep pears warm until ready to serve.
3. To Serve: Spoon 2 pear halves and 2–3 Tbsp. Sauce over vanilla ice cream and sprinkle with 1 Tbsp. nuts.

* 1/2 tsp. ground cardamom can replace the pods

** Whiskey, scotch or a liqueur could be used instead.

NUTRITION INFORMATION (per 1/2-cup serving)

Calories	663	Sodium	242mg	Vitamin A	22% DV
Calories from Fat	337	Carbohydrate	79g	Vitamin C	10% DV
Fat	37g	Dietary Fiber	4g	Calcium	23% DV
Saturated Fat	20g	Sugar	68g	Potassium	14% DV
Cholesterol	107mg	Protein	7g	Iron	6% DV

CHOCOLATE CHIP PEAR BARS

MAKES 24 SERVINGS



1/2 cup	Butter, softened
1 cup	Brown sugar
1/4 cup	Granulated sugar
2	Eggs
1 teaspoon	Vanilla extract
1/2 teaspoon	Baking soda
1/4 teaspoon	Salt
1 can (15 ounces)	Pacific Northwest Canned Pear Dices, drained
1-1/4 cups	Flour
2 cups	Oats, quick-cooking
1 cup (6 ounce package)	Semi-sweet chocolate chips

METHOD

1. In large bowl, beat together butter, brown sugar and granulated sugar until fluffy.
2. Beat in eggs. Add vanilla, soda and salt; mix well.
3. Beat in pears and flour.
4. Stir in oats and chocolate chips until well blended.
5. Spread evenly in lightly greased 9 x 1 x 2" baking pan.
6. Bake in 350°F oven 25–30 minutes or until done. Cut into 24 bars.

NUTRITION INFORMATION (per 2-ounce bar)

Calories	189	Sodium	99mg	Vitamin A	5% DV
Calories from Fat	34%	Carbohydrate	29g	Vitamin C	0% DV
Fat	7g	Dietary Fiber	2g	Calcium	2% DV
Saturated Fat	4g	Sugar	19g	Potassium	3% DV
Cholesterol	28g	Protein	3g	Iron	5% DV

NORTHWEST HONEYED PEARS

MAKES 8 SERVINGS



- | | |
|-------------------------|--|
| 2 cans (15 ounces each) | Pacific Northwest Canned Pear Halves, drained |
| 1/2 cup | Honey |
| 1 tablespoon | Lemon juice |
| 1 teaspoon | Cinnamon |

METHOD

1. Place drained pear halves, cut side up, in a 9 x 13 x 2" baking dish.
2. In small bowl, combine honey, lemon juice and cinnamon; drizzle over pears.
3. Bake uncovered in 350°F oven for 20 minutes. Cool slightly.
4. Spoon honey mixture over pears before serving.

NUTRITION INFORMATION (per serving-2 pear halves)

Calories	126	Sodium	6mg	Vitamin A	0% DV
Calories from Fat	0%	Carbohydrate	34g	Vitamin C	2% DV
Fat	0g	Dietary Fiber	2g	Calcium	1% DV
Saturated Fat	0g	Sugar	30g	Potassium	2% DV
Cholesterol	0mg	Protein	0g	Iron	3% DV

PACIFIC ISLAND PEAR-COCONUT BARS

MAKES 24 BARS



COOKIE BASE

2 cups	Flour
3/4 cup	Butter
3/4 cup	Brown sugar

TOPPING

2	Eggs
1-1/2 cups	Brown sugar
1/4 cup	Flour
1 teaspoon	Vanilla
3/4 teaspoon	Baking powder
1/4 teaspoon	Salt
1 cup	Coconut, flaked
1 can (15 ounces)	Pacific Northwest Canned Pear Dices, drained
1/2 cup	Coconut, flaked (optional)

METHOD

1. For Cookie Base; In bowl combine flour, butter and brown sugar. Cut butter into dry ingredients until small crumbs form. Press into bottom of lightly greased 9 x 13 x 2' baking pan. Bake in 350°F oven for 15 minutes.
2. For Cookie Topping; Combine eggs, brown sugar, flour, baking powder, vanilla and salt. Beat until well blended.
3. Stir in 1 cup coconut. Spread topping evenly over baked crust.
4. Sprinkle diced pears evenly over topping; lightly press pears into topping. If desired, sprinkle with additional coconut.
5. Bake in 350°F oven for about 20 minutes or until topping is puffed up around pear pieces and top is lightly brown.
6. Cool on rack. Cut into 24 2 x 2" bars.

NUTRITION INFORMATION (per bar)

Calories	209	Sodium	124mg	Vitamin A	7% DV
Calories from Fat	32%	Carbohydrate	34g	Vitamin C	0% DV
Fat	9g	Dietary Fiber	1g	Calcium	3% DV
Saturated Fat	5g	Sugar	24g	Potassium	3% DV
Cholesterol	33mg	Protein	2g	Iron	6% DV

PARTY ANYTIME CHOCOLATE PEAR DIP

MAKES 2 CUPS



1 can (15 ounces)	Pacific Northwest Canned Pear Halves or Slices, drained
1/2 cup	Semi-sweet chocolate morsels
1 cup	Plain yogurt
2 tablespoons	Honey
1/2 teaspoon	Pure vanilla extract
1/4 teaspoon	Ground cinnamon

METHOD

1. Cut pears in 1/4" dice; set aside.
2. Microwave chocolate morsels in microwave-safe bowl on HIGH for 1 minute; stir. Microwave for additional 20-second intervals, stirring until smooth.
3. Gradually stir in yogurt; mix well.
4. Stir in honey, vanilla extract, cinnamon and reserved pears.
5. Use to dip animal crackers, teddy grahams, sugared wontons, ladyfingers or pretzels.

NUTRITION INFORMATION (per 2-tablespoon serving)

Calories	58	Sodium	13mg	Vitamin A	0% DV
Calories from Fat	26%	Carbohydrate	11g	Vitamin C	0% DV
Fat	2g	Dietary Fiber	1g	Calcium	3% DV
Saturated Fat	1g	Sugar	9g	Potassium	2% DV
Cholesterol	1mg	Protein	1g	Iron	2% DV

PEAR AND CHERRY CLAFOUTI

MAKES 9 SERVINGS



1/2 cup	Dried cherries
1 can (8 ounces)	Pacific Northwest Canned Pear Slices, drained
3	Eggs
1 cup	Milk
1/3 cup	Sugar
1/4 cup	Flour
1 teaspoon	Vanilla extract
1/4 teaspoon	Ground nutmeg
1/4 teaspoon	Salt
Optional	Powdered sugar
Optional	Whipped cream

METHOD

1. Soak cherries in hot water for 10 minutes; drain.
2. In greased 8 x 8 x 2" or 9 x 9 x 2" baking pan arrange cherries and pear slices evenly.
3. In bowl, beat eggs until well blended.
4. Continue to beat while adding milk, sugar, flour, vanilla, nutmeg and salt until batter is smooth and well mixed. Pour batter over fruit in pan.
5. Bake in 375°F oven for 20 to 25 minutes or until set in center.
6. Cool slightly. Cut into 9 squares to serve.
7. Serve warm sprinkled with powdered sugar and/or a dollop of whipped cream.

NUTRITION INFORMATION (per serving)

Calories	118	Sodium	100mg	Vitamin A	11% DV
Calories from Fat	17%	Carbohydrate	21g	Vitamin C	1% DV
Fat	2g	Dietary Fiber	1g	Calcium	5% DV
Saturated Fat	1g	Sugar	16g	Potassium	3% DV
Cholesterol	73mg	Protein	4g	Iron	3% DV

PEAR, APPLE AND CRANBERRY COBBLER

MAKES 8 SERVINGS



TOPPING

1/2 cup	Brown sugar, packed
1/2 cup	Granulated sugar
1 cup	All-purpose flour
1/2 cup (1 stick)	Butter, cut into small pieces
1/2 teaspoon	Ground cinnamon
1/4 teaspoon	Ground nutmeg
1 cup	Walnut pieces

FILLING

2 cans (15 ounces each)	Pacific Northwest Canned Pear Slices in Juice, drained
1 can (21 ounces)	Spiced apple pie filling
1 can (16 ounces)	Whole berry cranberry sauce

METHOD

1. Preheat oven to 375°F.
2. To Prepare Topping: Combine all topping ingredients, except walnuts, in food processor container. Pulse on and off until mixture resembles coarse crumbs. Add walnuts and pulse 3 to 4 times to chop nuts; set aside.
3. In large bowl, combine filling ingredients; spray 9 x 13 x 2" baking pan with non-stick baking spray. Pour filling ingredients into pan and cover evenly with topping mixture.
4. Bake at 375°F for 35 – 40 minutes or until topping is browned. Cool slightly before serving.

NUTRITION INFORMATION (per serving)

Calories	539	Sodium	170mg	Vitamin A	12% DV
Calories from Fat	33%	Carbohydrate	87g	Vitamin C	4% DV
Fat	21g	Dietary Fiber	3g	Calcium	4% DV
Saturated Fat	8g	Sugar	61g	Potassium	5% DV
Cholesterol	31mg	Protein	4g	Iron	10% DV

PEAR CHEESECAKE HELENE

MAKES 12 SERVINGS



CRUST

1-1/3 cups	Chocolate wafer crumbs (about 6 ounces)
1/3 cup	Butter, melted
2 tablespoons	Sugar

FILLING

2 cartons (15 ounces each)	Ricotta cheese
1 cup	Sugar
1/3 cup	Flour
2 teaspoons	Vanilla extract
1-1/2 teaspoons	Orange peel
1/4 teaspoon	Salt
2	Eggs
1 can (15 ounces)	Pacific Northwest Canned Pear Halves, drained
1-1/2 ounces	Semi-sweet chocolate
1 teaspoon	Vegetable shortening

METHOD

1. For the Crust: combine chocolate wafer crumbs, melted butter and sugar, mix well. Press onto bottom and 1 inch up the sides of a 9" or 10" springform pan. Chill while preparing filling.
2. For the Filling: in bowl beat ricotta until smooth. Beat in sugar until well blended. Beat in flour, vanilla, orange peel and salt until well mixed. Beat in eggs just until blended.
3. Pour into prepared crust. Bake in 325°F oven for 1 hour.
4. Meanwhile, thinly slice pear halves lengthwise.
5. Remove cheesecake from oven; arrange pear slices on top. Return to oven about 20 minutes longer or until knife inserted in center comes out almost clean. Cool on rack.
6. Melt together semi-sweet chocolate and shortening; drizzle on cooled cheesecake. Chill at least 4 hours before cutting. Cut cake into 12 equal portions.

NUTRITION INFORMATION (per serving)

Calories	336	Sodium	273mg	Vitamin A	16% DV
Calories from Fat	39%	Carbohydrate	41g	Vitamin C	1% DV
Fat	15g	Dietary Fiber	1g	Calcium	21% DV
Saturated Fat	8g	Sugar	24g	Potassium	5% DV
Cholesterol	71mg	Protein	11g	Iron	8% DV

PEAR INDOOR S'MORES

MAKES 33 COOKIES



1 can (15 ounces)

**Pacific Northwest Canned Pear Halves or Slices,
drained**

1 box (16 ounces)

Graham crackers

1 package (6 ounces)

Semi-sweet chocolate chips

3 cups (16 ounces)

Miniature marshmallows

METHOD

1. Drain pears. Cut pears into 1/4" dice.
2. Break each graham cracker into 2 squares. Place squares on large baking sheet.
3. Sprinkle 1 teaspoon diced pear and 1 teaspoon chocolate chips on half of crackers.
4. Place 9 marshmallows on each of the remaining crackers.
5. Broil, 6 inches from heat source, for 1 to 2 minutes, or until chips are melted and marshmallows are golden brown.
6. To make each S'More, put 2 crackers together with pear-chocolate side and marshmallow side touching.

NUTRITION INFORMATION (per cookie)

Calories	104	Sodium	87mg	Vitamin A	0% DV
Calories from Fat	5%	Carbohydrate	19g	Vitamin C	1% DV
Fat	3g	Dietary Fiber	1g	Calcium	1% DV
Saturated Fat	1g	Sugar	10g	Potassium	1% DV
Cholesterol	0mg	Protein	1g	Iron	4% DV

PEAR-LEMON CAKE WITH RASPBERRY DRIZZLE

MAKES 8 SERVINGS



1 can (15 ounces)	Pacific Northwest Canned Pear Slices
1/3 cup	Honey
1	Egg
2 tablespoons	Lemon juice, fresh
1 teaspoon	Lemon peel, freshly grated
1 teaspoon	Vanilla
2 cups	Buttermilk baking mix
1/4 cup	Butter or margarine, melted
As needed	Raspberry jam, seedless
As needed	Raspberries, fresh (for garnish)
As needed	Mint leaves, fresh (for garnish)

METHOD

1. Drain pears, reserving 1/2 cup liquid in large bowl; set pears aside.
2. Add honey, egg, lemon juice, lemon peel and vanilla to liquid in bowl. Beat until well blended.
3. Stir in baking mix, mixing until just combined.
4. Stir in butter or margarine; mix until combined.
5. Pour batter into greased and floured 9" or 8" square baking pan. Arrange pear slices evenly over batter in pan.
6. Bake at 350°F for 30 – 35 minutes or until toothpick inserted in center comes out clean. Cool on wire rack.
7. To Serve: Drizzle with warm raspberry jam. Garnish with fresh raspberries and mint leaves, if desired. Cut cake into 8 equal portions.

NUTRITION INFORMATION (per serving)

Calories	275	Sodium	389mg	Vitamin A	7% DV
Calories from Fat	21%	Carbohydrate	50g	Vitamin C	3% DV
Fat	7g	Dietary Fiber	3g	Calcium	6% DV
Saturated Fat	4g	Sugar	21g	Potassium	6% DV
Cholesterol	42mg	Protein	6g	Iron	8% DV

PEAR PECAN PIE

MAKES 8 SERVINGS



2 cans (15 ounces each)
1/2 cup
1/4 cup
1/2 teaspoon
1/2 teaspoon
1 (9-inch)

Pacific Northwest Canned Pear Slices, drained

Granulated sugar
All-purpose flour
Ground ginger
Lemon peel, freshly grated
Pie shell, unbaked

TOPPING

1/2 cup
1/3 cup
1/4 cup
1 cup
As needed
As needed

Brown sugar, packed
All-purpose flour
Butter or margarine, melted
Pecans, chopped
Pecan halves
Vanilla ice cream (optional)

METHOD

1. In small bowl, combine topping ingredients; mix well. Set aside.
2. In large bowl, combine pears, sugar, flour, ginger and lemon peel; mix well. Arrange pear mixture in pie shell; sprinkle evenly with topping.
3. Bake at 425°F for 30 minutes or until crust is browned. Cool on wire rack.
4. Garnish pie with pecan halves and serve with vanilla ice cream, if desired.

NUTRITION INFORMATION (per serving)*

Calories	447	Sodium	215mg	Vitamin A	6% DV
Calories from Fat	44%	Carbohydrate	61g	Vitamin C	1% DV
Fat	23g	Dietary Fiber	4g	Calcium	4% DV
Saturated Fat	6g	Sugar	39g	Potassium	6% DV
Cholesterol	15mg	Protein	4g	Iron	10% DV

*Does not include ice cream.

PEAR PHYLLO CUPS WITH VANILLA-THYME SAUCE

MAKES 6 SERVINGS



1 can (15 ounces)

Pacific Northwest Canned Pear Halves in heavy syrup, drained (syrup reserved), cut into 1/4-inch slices

SAUCE

2 tablespoons
1 tablespoon
1 teaspoon

Reserved syrup from pears
Lemon juice, fresh
Thyme leaves, fresh
Vanilla extract

PHYLLO CUPS

4 sheets
3 tablespoons
3 tablespoons

Phyllo dough (approx. 12 x 17" each)
Butter
Honey

FILLING

4 ounces
1 tablespoon
2 tablespoons
1
1 tablespoon
1/2 teaspoon

Cream cheese, softened
Butter, room temperature
Sugar
Egg yolk
All-purpose flour
Vanilla extract

METHOD

1. **To Prepare Sauce:** In saucepan, combine reserved syrup, lemon juice and thyme leaves. Bring to a boil over medium high heat. Reduce heat; simmer 10 minutes. Remove from heat; stir in vanilla. Cool.
2. **To Prepare Filling:** In small bowl, combine cream cheese and butter; mix well. Add egg yolk; mix until creamy. Stir in flour and vanilla; mix well. Set aside.
3. **To Prepare Phyllo Cups:** Stack sheets of phyllo dough; cut in half lengthwise and into thirds crosswise to form 6 rectangles. Cover with plastic wrap then damp kitchen towel; set aside. In small saucepan, combine butter and honey. Heat over low heat until butter is melted; keep warm. Coat 6 muffin tin cups with no-stick cooking spray; set aside. Use 4 rectangles to form each phyllo cup. Place 1 rectangle on work surface. Place a second rectangle on top, rotating slightly to fan edges. Brush with butter honey mixture. Place third rectangle on top, rotating slightly. Brush top with honey-butter mixture. Place fourth rectangle on top rotating slightly. Carefully press arranged stack into a muffin tin, allowing points to fan like petals. Repeat for other 5 phyllo cups.
4. Divide filling evenly among phyllo cups. Top each with 5 or 6 fanned pear slices. Bake at 350°F for 20 minutes or until edges are crisp and lightly browned; cool 5 minutes.

5. Carefully remove from pan to wire rack; cool completely. To serve, place phyllo cup on dessert plate. Drizzle with sauce and pool additional sauce around cups. Garnish with fresh thyme sprig.

NUTRITION INFORMATION (per serving)

Calories	315	Sodium	242mg	Vitamin A	18% DV
Calories from Fat	44%	Carbohydrate	39g	Vitamin C	4% DV
Fat	15g	Dietary Fiber	2g	Calcium	3% DV
Saturated Fat	9g	Sugar	24g	Potassium	3% DV
Cholesterol	77mg	Protein	4g	Iron	4% DV

PEAR SORBET

MAKES 6 SERVINGS (ABOUT 3-1/2 CUPS)



2 cups	Water
1 cup	Sugar
1 can (15 ounces)	Pacific Northwest Canned Pears, drained
2 tablespoons	Lemon juice, fresh

METHOD

1. In saucepan, heat water and sugar until sugar is well dissolved. Cool syrup to room temperature.
2. In blender container, combine up to one-half of the syrup and pears; blend until smooth.
3. Stir in lemon juice and remaining syrup.
4. Freeze in small (1 quart) ice cream freezer according to manufacturer's directions.

NUTRITION INFORMATION (per 1/2-cup serving)

Calories	171	Sodium	6mg	Vitamin A	0% DV
Calories from Fat	0%	Carbohydrate	44g	Vitamin C	4% DV
Fat	0g	Dietary Fiber	1g	Calcium	1% DV
Saturated Fat	0g	Sugar	41g	Potassium	2% DV
Cholesterol	0mg	Protein	0g	Iron	1% DV

PEAR YOGURT POPS

MAKES 4 POPS



- 1 can (15 ounces) **Pacific Northwest Canned Pear Halves or Slices, drained**
 - 1 carton (8 ounces) Low fat yogurt with fruit
 - Optional Colored sprinkles, chocolate mini-morsels, gummy bears, sliced fruit
- Popsicle molds or 4-ounce paper cups and craft sticks

METHOD

1. In blender or food processor, combine pears and yogurt and process until smooth.
2. Divide mixture evenly among molds or paper cups. (If using cups, insert craft stick in center of each pop.)
3. For fun pops, experiment with alternating layers of yogurt mixture and sprinkles or chocolate chips.
4. Freeze until firm, approximately 3 – 4 hours.

NUTRITION INFORMATION (per serving using 4 tablespoons chocolate mini-morsels)

Calories	129	Sodium	40mg	Vitamin A	3% DV
Calories from Fat	2%	Carbohydrate	26g	Vitamin C	6% DV
Fat	2g	Dietary Fiber	1g	Calcium	9% DV
Saturated Fat	1g	Sugar	25g	Potassium	3% DV
Cholesterol	2mg	Protein	3g	Iron	0% DV

QUICK PEAR ICE CREAM

MAKES 8 SERVINGS



- | | |
|-------------------|---|
| 1 quart | Vanilla ice cream |
| 1 tablespoon | Lemon juice |
| 1/8 teaspoon | Cinnamon |
| 1 can (15 ounces) | Pacific Northwest Canned Pear Dices, drained |

METHOD

1. Let ice cream soften just until able to beat it with hand mixer.
2. Beat in lemon juice and cinnamon. Stir in diced pears.
3. Immediately return to freezer for 3 – 4 hours or until firm.

NUTRITION INFORMATION (per 1/2-cup serving)

Calories	164	Sodium	55mg	Vitamin A	7% DV
Calories from Fat	38%	Carbohydrate	24g	Vitamin C	2% DV
Fat	7g	Dietary Fiber	1g	Calcium	9% DV
Saturated Fat	5g	Sugar	18g	Potassium	5% DV
Cholesterol	29mg	Protein	2g	Iron	1% DV

RED HOT CINNAMON PEAR SUNDAES

MAKES 6 SERVINGS



RED HOT CINNAMON SAUCE

(MAKES 1-3/4 CUPS)

1 cup	Sugar, granulated
1 cup	Water
3/4 cup (6-1/2 ounces)	Cinnamon red-hot candies

SUNDAES

1-1/2 pints	Vanilla ice cream or frozen yogurt
1 can (15 ounces)	Pacific Northwest Canned Pear Slices, drained
Additional	Cinnamon candies for topping

METHOD

1. In a medium saucepan combine sugar, water and candies; bring mixture to boiling, stirring constantly. Reduce heat to medium; boil mixture for 10 minutes, stirring occasionally. Remove from heat; make sure to let sauce cool at least 20 minutes before using, or cool, then cover and refrigerate to store.
2. To Make Sundaes: Scoop ice cream or frozen yogurt into 6 dessert dishes. Spoon sliced pears over each sundae. Spoon Red Hot Cinnamon Sauce over ice cream; sprinkle with more cinnamon candies. Serve immediately.
3. Store leftover sauce in refrigerator.

NUTRITION INFORMATION (per serving*)

Calories	379	Sodium	62mg	Vitamin A	6% DV
Calories from Fat	4%	Carbohydrate	88g	Vitamin C	4% DV
Fat	3g	Dietary Fiber	1g	Calcium	9% DV
Saturated Fat	2g	Sugar	78g	Potassium	4% DV
Cholesterol	9mg	Protein	3g	Iron	0% DV

*Nutritional information reflects using Light Vanilla Ice Cream (50% less fat)



miscellaneous

DICED PEARS WITH HONEY MUSTARD

YIELD: 6 SERVINGS



1/2 cups
2 tablespoon
2 teaspoons
1/2 teaspoon
1 pound 14 ounces

Heavy cream
Honey mustard
Fresh lemon juice
Coarse salt
Pacific Northwest Canned Pears

METHOD

1. Whisk together cream, mustard, lemon juice and salt; fold in pear.

PER SERVING

1. Heat 1/2 cup mixture; serve over grilled or roasted meats or in a ramekin on the side.

PEAR-RITA MOCKTAIL

MAKES 1 SERVING



1	Lime wedge
As needed	Coarse salt
6 ounces	Pacific Northwest Canned Pears Slices
6 ounces	Margarita Mix
1 tablespoon	Fresh lime juice
1 tablespoon	Sugar
1 cup	Crushed ice
As needed for garnish	Pear slices

METHOD

1. Moisten the rim of the serving glass with the lime wedge; then dip in coarse salt.
2. Whirl margarita mix, lime juice, sugar and crushed ice in a blender until smooth.
3. Pour into prepared glass; garnish with a pear slice.

Note: For an adult beverage, add 1-1/2 ounces Tequila.