

PEAR SALAD (CANNED)



FRUITS

MEAL COMPONENT CONTRIBUTION:

½ cup fruit

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 2 pear halves**RECIPE HACCP PROCESS:** #1 - No cook

| INGREDIENT | MEASURE (FOR 100 SERVINGS) |
|---|----------------------------|
| Pears, Canned, Light Syrup, Halves, #2413 | 4 #10 cans |
| Cheese, American, Grated/Shredded, #1306 | 1 pound + 9 ounces |
| Cherries, Maraschino, Red, Halves, #2401 | 3 cups |
| Mayonnaise, Gallon, Bulk, # 2250 | 2 1/8 cups |

DIRECTIONS

- Chill the cans of pears in the refrigerator overnight.
CCP: Cover and hold under refrigeration (41 degrees F or lower).
- Open the cans of pears and drain them.
- Portion 2 pear halves into each individual serving container.
- Portion ½ teaspoon of mayonnaise on each pear half.
- Weigh ¼ ounce of cheese to determine the amount for each serving. Sprinkle ¼ ounce of cheese over each container of 2 pear halves.
- Top each container with a cherry half.
- Cover with plastic wrap and refrigerate until time for service.
CCP: Cover and refrigerate at 41 degrees F or lower. Hold for service.
- Portion 1 pear salad per serving. Each portion provides ½ cup of fruit.
CCP: Cover and hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers. Refrigerate at 41 degrees F or lower.

SERVING NOTES

Use USDA Foods products when available.

Refer to USDA FNS Food Buying Guide for School Meal Programs for quantities to purchase if recipe is altered.

If changes are made in ingredients, check crediting information and re-calculate the nutrition analysis.

"Culinary Techniques for Healthy School Meals: Preparing Fruits" provides seasoning and serving ideas for fruits.

NUTRIENTS PER SERVING

| | | | | | | | |
|---------------|---------|---------------|--------|-----------|-----------|-----------|--------|
| Calories | 119 | Dietary Fiber | 2.04 g | Sodium | 134.00 mg | Sat. Fat | 1.67 g |
| Carbohydrates | 20.44 g | Protein | 1.77 g | Total Fat | 4.00 g | Trans Fat | 0.00 g |