

Sun-Kissed Pear Wedges



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Meal Component(s):
½ c Fruit

Recipe HACCP Process: #4 No HACCP Process/Non-TCS Food

Portion Size: 4 Wedges

Servings: 100

INGREDIENTS

WEIGHT

MEASURE

DIRECTIONS

Pineapple juice

12 ounces

1 ½ cups

Lemon juice

8 ounces

1 cup

Lime juice

8 ounces

1 cup

Honey

4 ounces

½ cup

Ginger, ground

1 ½ teaspoons

1. Combine pineapple, lemon, and lime juice. Add honey and ginger.
2. Whisk until combined.

Pears, Asian, cut into wedges

50 pears

3. Cut Asian pears into 8 wedges; remove core after cutting into quarters, then cut quarters into 8ths.
CCP: No bare hand contact with ready to eat food.
4. Toss cut pear wedges in juice mixture.
5. Portion 4 wedges (½ pear) for ½ cup serving.
6. For quality, hold and serve at 41°F or below.

Nutrients Per Serving

Calories 66

Total Fat 0.32g

Saturated Fat 0.02g

Protein 0.71g

Carbohydrate 16.83g

Sodium 1mg