

Molded Fruit Salad

| Ingredients | 25 Servings | | 50 Servings | | Directions |
|---|-------------|------------|-------------|------------|--|
| | Weight | Measure | Weight | Measure | |
| Lemon gelatin | 12 oz | 2 1/2 cups | 1 lb 8 oz | 1 qt 1 cup | 1. In a bowl, dissolve gelatin in boiling water. Add reserved pineapple juice, lemon juice, and yogurt. Whisk until smooth. 2. Freeze mixture for about 30 minutes, until it begins to set. |
| Water, boiling | | 2 cups | | 1 qt | |
| Pineapple juice, reserved from drained tidbits (below) | | 1 cup | | 2 cups | 3. Place 8 oz (1 cup) of pineapple tidbits and 8 oz (1 cup) of grape halves in each 3 qt gelatin mold or baking pan (13" x 9" x 2"). For 25 servings, use 2 molds or pans; for 50 servings, 4 molds or pans. |
| Lemon juice | | 1/4 cup | | 1/2 cup | |
| Lowfat plain yogurt | 1 lb 2 oz | 2 cups | 2 lb 4 oz | 1 qt | 4. In a mixing bowl, use the whip attachment on medium speed to beat the gelatin mixture for 5 minutes, until fluffy. |
| Chilled canned pineapple tidbits, drained (reserve juice) | 1 lb | 2 cups | 2 lb | 1 qt | |
| Chilled fresh red or white seedless grapes, halved | 1 lb | 2 cups | 2 lb | 1 qt | 5. Pour 1 qt 1/2 cup (1 lb 12 oz) of whipped gelatin over the fruit in each mold and stir gently to blend. Refrigerate until set, at least 2 hours. |
| | | | | | |

| SERVING: | YIELD: | VOLUME: |
|--|-------------------------------|---------------------|
| 3/8 cup (No. 10 scoop) provides 1/8 cup of fruit | 25 Servings: 5 lb 8 oz | 25 Servings: |
| | 50 Servings: 11 lb | 50 Servings: |

Special Tip:
This salad may also be prepared using fresh diced apples, canned mandarin oranges, canned diced peaches, or fresh grated carrots.

Molded Fruit Salad

Fruit

Salads and Salad Dressings

E-01

Nutrients Per Serving

| | | | | | |
|---------------------|------|----------------------|------------|----------------------|-------|
| Calories | 93 | Saturated Fat | .2 g | Iron | .2 mg |
| Protein | 2 g | Cholesterol | 1 mg | Calcium | 45 mg |
| Carbohydrate | 21 g | Vitamin A | 6 RE/43 IU | Sodium | 51 mg |
| Total Fat | .4 g | Vitamin C | 4 mg | Dietary Fiber | 0 g |