

Molded Vegetable Salad

Vegetable

Salads and Salad Dressings

E-01A

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 (3 1/4 cup) of shredded cabbage, 7 oz (1 3/4 cup) chopped celery, 2 Tbsp chopped green pepper, and 1 Tbsp pimento 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. 4. In a mixing bowl, use the whip attachment on medium speed to beat the gelatin mixture for 5 minutes, until fluffy. 5. Pour 1 qt 1/2 cup (1 lb 12 oz) of whipped gelatin over the vegetables in each mold and stir gently to blend. Refrigerate until set, at least 2 hours.
Lemon juice		1/4 cup		1/2 cup	
Lowfat plain yogurt	1 lb 2 oz	2 cups	2 lb 4 oz	1 qt	
Cabbage, shredded	1 lb	1 qt 2 1/2 cups	2 lb	3 qt 1 cup	
Celery, chopped	14 oz	3 1/2 cups	1 lb 12 oz	1 qt 3 cups	
Green pepper, chopped		1/4 cup		1/2 cup	
Pimento, chopped		2 Tbsp		1/4 cup	

Special Tip:

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