

SALADS, SALAD DRESSINGS, AND RELISHES No.M 026 00
JELLIED FRUIT COCKTAIL SALAD

Yield 100

Portion 4-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
125 cal	23 g	3 g	3 g	0 mg	48 mg	25 mg

Ingredient

FRUIT COCKTAIL,CANNED,JUICE PACK,INCL LIQUIDS
 WATER,BOILING
 DESSERT POWDER,GELATIN,CHERRY
 RESERVED LIQUID
 JUICE,LEMON
 NUTS,UNSALTED,CHOPPED,COARSELY
 LETTUCE,LEAF,FRESH,HEAD

Weight

12-1/2 lbs
 8-1/3 lbs
 3-1/2 lbs
 8-1/3 lbs
 1-5/8 lbs
 1-1/4 lbs
 4 lbs

Measure

1 gal 2 qts
 1 gal
 1 qts 3 cup
 1 gal
 3 cup
 1 qts

Issue

6-1/4 lbs

Method

- 1 Drain fruit cocktail; reserve juice for use in Step 3 and fruit for use in Step 5.
- 2 Add gelatin to boiling water; stir until dissolved.
- 3 Add cold water, reserved juice and lemon juice; mix well.
- 4 Pour 3 quarts gelatin mixture into each pan; chill until slightly thickened.
- 5 Add 2 quarts fruit cocktail and 1-1/3 cups nuts to gelatin mixture in each pan; stir to distribute evenly.
- 6 Chill until firm. Cut 5 by 7.
- 7 Place 1 lettuce leaf on each serving dish; add gelatin square. Cover; refrigerate at 41 F. or lower until ready to serve.