

UNDER-THE-SEA SALAD

INGREDIENTS:

❖ Pear halves (in light syrup)	1 16 oz Can
❖ Pineapple (tidbits or chunks)	1 Can
❖ Water	1 Cup
❖ Gelatin (Lime Flavor)	1 pkg
❖ Cream Cheese	
❖ Ginger	1/8 tsp
❖ Salt	1/4 tsp

METHOD:

1. Drain pears.
2. Dice pears; set aside.
3. Drain Pineapple, reserving 3/4 cup of the syrup
4. Stir boiling water into gelatin and salt in medium bowl at least 2 minutes until completely dissolved.
5. Stir in reserved syrup and lemon juice.
6. Pour 1 1/4 cups gelatin mixture into 8x4-inch loaf pan or 4-cup mold sprayed with cooking spray.
7. Refrigerate about 1 hour or until set but not firm (should stick to finger when touched and should mound).
8. Beat remaining gelatin mixture gradually into cream cheese until smooth.
9. Stir in pears, pineapple, and ginger.
10. Spoon over clear gelatin in pan.
11. Refrigerate 4 hours or until firm.
12. Unmold and serve
13. Store leftover gelatin mold in refrigerator.

Nutritional Information:

Calories 150, Total fat 7g, Saturated fat 5g, Cholesterol 25 mg, Sodium 210 mg, Carbohydrate 19 g, Dietary fiber 1 g, Sugars 17 g, Protein 2 g, Vitamin A 6% DV, Vitamin C 2% DV

