

Lime Jello Salad with Pineapple

An ancient recipe from the 1960s



Servings: 8

1. Add boiling water to Jell-o to dissolve. Allow mixture to cool some before continuing. Stir in the cottage cheese. If using cream cheese, use a whisk to distribute it evenly.
2. Add 7-up, pecans and marshmallows (if using). Allow to cool to room temp, then pour into a mold (round ring mold or a ceramic square-ish dish) and refrigerate until set, 3-6 hours, or overnight.
3. Cut into servings and dollop with mayo and a maraschino cherry.

3 ounces Jell-O Gelatin Dessert, Lime
8 ounces crushed pineapple, drained
3 ounces cottage cheese, or cream cheese
1 cup boiling water
1 cup 7UP, chilled, if possible
1 cup marshmallows, tiny ones (optional) [we didn't use them]
1/2 cup chopped pecans
Garnish: a tiny dollop of mayo and a maraschino cherry

Per Serving (excluding unknown items): 205 Calories; 5g Fat (21.7% calories from fat); 3g Protein; 39g Carbohydrate; 1g Dietary Fiber; 1mg Cholesterol; 106mg Sodium; 31g Total Sugars; 0mcg Vitamin D; 23mg Calcium; trace Iron; 78mg Potassium; 39mg Phosphorus.
Exchanges: .

Carolyn T's Blog: tastingspoons.com