

Foamy Salad

Canadian Mennonite Cookbook - 1974

*2 cups shredded cabbage
3 bananas, diced
1 cup crushed pineapple
1 cup sweet cherries
1 cup chopped nuts
1 cup marshmallows,
chopped
1 cup mayonnaise
1 cup whipping cream*

In a bowl, combine the cabbage, bananas, cherries, pineapple, nuts, and marshmallows.

In a bowl, whip the cream. Add the mayonnaise. Mix well.

Pour the dressing over the salad mixture. Blend well.

Let stand in the refrigerator for one hour before serving.

Per Serving (excluding unknown items): 4634 Calories; 359g Fat (65.5% calories from fat); 43g Protein; 381g Carbohydrate; 31g Dietary Fiber; 403mg Cholesterol; 1498mg Sodium. Exchanges: 2 Grain(Starch); 2 1/2 Lean Meat; 1 1/2 Vegetable; 9 Fruit; 1/2 Non-Fat Milk; 47 1/2 Fat; 12 1/2 Other Carbohydrates.