

Frozen Pineapple Salad

Kathy Simmons

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

Servings: 8

*2 cups diced pineapple
24 cherries, quartered
24 marshmallows, cut in
sixths
8 tablespoons
confectioner's sugar
6 ounces cream cheese
1/2 cup salad dressng
2/3 cup cream, whipped
2 teaspoons vanilla*

In a bowl, combine the pineapple, cherries, marshmallows and confectioner's sugar. Blend well.

In a bowl, thin the cream cheese with salad dressing. Mix with the fruit. Fold the whipped cream and vanilla into the fruit mixture.

Pour the mixture into a refrigerator tray and freeze at the coldest temperature just until the cream mixture is firm.

Unmold and serve with additional whipped cream or salad dressing.

Decorate with pineapple wedges and cherries.

Per Serving (excluding unknc items): 456 Calories; 15g Fat (26.8% calories from fat); 7g Protein; 83g Carbohydrate; 8 Dietary Fiber; 41mg Cholest; 85mg Sodium. Exchanges: (Meat; 5 Fruit; 2 1/2 Fat; 1 1/2 Carbohydrates.