

# Orange-Carrot Salad

*Canadian Mennonite Cookbook - 1974*

*1 package lemon Jello  
1/4 teaspoon salt  
2 tablespoons sweet pickle  
vinegar  
4 to 6 medium carrots, finely  
grated  
1/8 teaspoon grated orange  
peel*

In a bowl, dissolve the orange jello in one cup of hot water.

Add one cup of cold water. Add the salt, vinegar, finely grated carrots and orange peel.

Turn the mixture into a water-rinsed mold. `Chill until firm.

Unmold onto crisp lettuce.

Serve with mayonnaise or Miracle Whip.

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Per Serving (excluding unknown items): 128 Calories; 1g Fat (3.3% calories from fat); 3g Protein; 31g Carbohydrate; 9g Dietary Fiber; 0mg Cholesterol; 634mg Sodium. Exchanges: 6 Vegetable; 0 Fruit; 0 Other Carbohydrates.