

Pineapple Salad

*Canadian Mennonite Cookbook - 1974
D. W. Friesen & Sons Ltd.*

*1 package lemon jello
1 cup crushed pineapple
1 pint boiling water
1/2 cup cream
lettuce leaves (for serving)
whipped cream (for serving)
(optional)
grated cheese (for serving)
(optional)
chopped nuts (for serving)
(optional)*

Dissolve the jello in boiling water. Allow to cool.

Set aside some pineapple for topping.

In a bowl, whip the cream. Add the remaining pineapple. Mix in the jello.

Place lettuce leaves on salad plates.

Evenly distribute the salad.

Top with the reserved pineapple.

Top with whipped cream, grated cheese or nuts, if desired.

Per Serving (excluding unknown items): 441 Calories; 30g Fat (58.8% calories from fat); 4g Protein; 43g Carbohydrate; 2g Dietary Fiber; 105mg Cholesterol; 61mg Sodium. Exchanges: 2 1/2 Fruit; 6 Fat.