

Rhubarb Salad

Sharon McFarland

Silverdale, WA. Chamber Of Commerce Favorite Recipes - 1991

*2 cups rhubarb, cut into
1/2-inch pieces
1/2 cup sugar
1/4 cup water
1 package strawberry or
lemon jello
1 cup hot water
2 tablespoons crushed
pineapple
2 medium apples, chopped
1/4 cup nuts*

In a bowl, combine the rhubarb, sugar and 1/4 cup of water. Bring to a boil. Reduce the heat. Simmer for 5 minutes. Remove from the heat. Let stand, covered, until partially cooled.

In a bowl, dissolve the jello in water. Blend in the warm rhubarb mixture.

Chill until cool and thick.

Fold in the pineapple, apples and nuts.

Chill until firm.

Per Serving (excluding unknown items): 839 Calories; 21g Fat (21.7% calories from fat); 9g Protein; 165g Carbohydrate; 16g Dietary Fiber; 0mg Cholesterol; 24mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 4 Fruit; 3 1/2 Fat; 6 1/2 Other Carbohydrates.