

Strawberry Squares

Betty Bassett

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

*1 cup flour
1/4 cup brown sugar
1/2 cup finely chopped nuts
1/2 cup margarine, melted*

FILLING

*2 egg whites
2/3 cup sugar
1 package (10 ounce)
frozen strawberries, partially
thawed
2 tablespoons lemon juice
1 carton (9 ounce) frozen
topping, thawed*

In a bowl, mix together the flour, brown sugar, nuts and melted margarine. Spread the mixture into the bottom of a 13x9-inch pan.

Bake in the oven at 350 degrees for 20 minutes. Stir occasionally. This is a cookie crumb mixture.

In a large mixing bowl, combine the egg whites, sugar, strawberries and lemon juice. Beat at high speed for 10 to 15 minutes until stiff peaks form. Fold in the whipped topping.

In a 13x9-inch pan, spoon half of the cookie mixture. Cover with the strawberry filling and sprinkle with the remainder of the crumb mixture. Cover with foil.

Freeze for six to eight hours or overnight.

Remove from the freezer 10 minutes before serving.

Per Serving (excluding unknown items): 2154 Calories; 93g Fat (37.8% calories from fat); 22g Protein; 320g Carbohydrate; 9g Dietary Fiber; 0mg Cholesterol; 1196mg Sodium. Exchanges: 6 1/2 Grain(Starch); 1 Lean Meat; 4 Fruit; 18 Fat; 11 Other Carbohydrates.