

Cranberry Salad

Makes: 10 Servings

Sweet strawberry gelatin and tart cranberry sauce make a yummy dish. Make ahead and keep in the refrigerator until ready to eat.

Ingredients

3 packages strawberry gelatin (3 oz. packages, can also use raspberry)

4 cups water

1 can cranberry sauce

1/4 cup sugar

2 tablespoons orange peel rind (grated)

2 tablespoons lemon juice

1 cup crushed pineapple (drained)

2 cups diced celery

3/4 cup walnuts

Directions

1. Make gelatin and refrigerate until partially set.
2. Beat cranberry sauce.
3. Grate orange peel into sugar and add to cranberry sauce with rest of ingredients.
4. Fold mixture into partially set gelatin. Refrigerate until set. Serve.

Nutrition Information

Nutrients	Amount
Calories	249
Total Fat	6
Saturated Fat	1
Cholesterol	0 mcg
Sodium	135 mg
Total Carbohydrate	48 g
Dietary Fiber	2 g
Total Sugars	45 g
Added Sugars included	28 g
Protein	3 g
Vitamin D	0 IU
Calcium	28 mg
Iron	1 mg
Potassium	141 mg

N/A - data is not available

MyPlate Food Groups

 Fruits	1/2 cup
 Vegetables	1/4 cup
 Protein Foods	1/2 ounce

Notes

Suggested to serve with a mixture of instant lemon pudding mix and low-fat whipped topping.

Source: Utah State University Cooperative Extension, Visit Website