

SALADS, SALAD DRESSINGS, AND RELISHES No.M 025 00

JELLIED FRUIT SALAD

Yield 100

Portion 5 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
105 cal	26 g	2 g	0 g	0 mg	47 mg	19 mg

Ingredient

APRICOTS,CANNED,JUICE PACK,INCL LIQ,HALVES
 DESSERT POWDER,GELATIN,ORANGE
 WATER,BOILING
 RESERVED LIQUID
 APPLES,FRESH,MEDIUM,UNPEELED,DICED
 BANANA,FRESH,CHOPPED
 MARSHMALLOWS,MINIATURE
 LETTUCE,LEAF,FRESH,HEAD

Weight

6-1/2 lbs
 3-1/2 lbs
 8-1/3 lbs
 8-1/3 lbs
 1-2/3 lbs
 2-1/4 lbs
 1 lbs
 4 lbs

Measure

3 qts
 1 qts 3 cup
 1 gal
 1 gal
 1 qts 2 cup
 1 qts 2-3/4 cup
 2 qts 1 cup

Issue

2 lbs
 3-1/2 lbs
 6-1/4 lbs

Method

- 1 Drain apricots; reserve juice for use in Step 3. Cut apricots in half; set aside for use in Step 5.
- 2 Add gelatin to boiling water; stir until dissolved.
- 3 Add cold water and reserved juice; mix well.
- 4 Pour 3 quarts gelatin mixture into each pan; chill until slightly thickened.
- 5 Add equal amounts of apricots, apples, and bananas to gelatin mixture in each pan; stir to distribute evenly.
- 6 Sprinkle 3 cups marshmallows over mixture in each pan.
- 7 Chill until firm. Cut 5 by 7.
- 8 Place 1 lettuce leaf on each serving dish; add gelatin square. Cover; refrigerate at 41 F. or lower until ready to serve.