

SALADS, SALAD DRESSINGS, AND RELISHES No.M 036 01
GOLDEN GLOW SALAD

Yield 100

Portion 3-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
92 cal	22 g	2 g	0 g	0 mg	52 mg	23 mg

Ingredient

DESSERT POWDER,GELATIN,LEMON
 WATER,BOILING
 WATER,COLD
 VINEGAR,DISTILLED
 CARROTS,FRESH,SHREDDED
 PINEAPPLE,CANNED,CRUSHED,JUICE PACK,INCL LIQUIDS
 LETTUCE,LEAF,FRESH,HEAD

Weight

3-2/3 lbs
 6-1/4 lbs
 6-1/4 lbs
 8-1/3 oz
 3-1/2 lbs
 6-5/8 lbs
 4 lbs

Measure

1 qts 3-1/2 cup
 3 qts
 3 qts
 1 cup
 3 qts 2-1/2 cup
 3 qts

Issue

4-1/4 lbs
 6-1/4 lbs

Method

- 1 Dissolve gelatin in boiling water.
- 2 Add cold water and vinegar; mix well.
- 3 Pour 2-1/2 quarts gelatin mixture into each pan.
- 4 Chill until slightly thickened.
- 5 Combine fresh carrots and undrained pineapple.
- 6 Add 1-3/4 quarts carrot-pineapple mixture to gelatin 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 until ready to serve. CCP: Hold for service at 41 F. or lower.