

Molded Fruit Salad

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned crushed pineapple, with juice, chilled	1 lb 10 oz	3 cups (1 1/3 No. 2 cans)	3 lb 4 oz	1 qt 2 cups (2 2/3 No. 2 cans)	<ol style="list-style-type: none"> 1. Drain pineapple and reserve juice for step 3. For 25 servings, reserve 1 cup. For 50 servings, reserve 2 cups. Reserve pineapple for step 5. 2. In a bowl, dissolve gelatin in boiling water. Add reserved pineapple juice, orange juice concentrate, and yogurt. Whisk until smooth. 3. Freeze mixture for about 30 minutes, until it begins to set. Reserve for step 6. 4. Place 8 1/4 oz (1 1/4 cups) of crushed pineapple and 8 oz (1 1/4 cups 2 Tbsp) of grape halves in each 3 qt gelatin mold or baking pan (9" x 13" x 2"). For 25 servings, use 2 molds or pans. For 50 servings, use 4 molds or pans. 5. In a mixing bowl, use the whip attachment on medium speed to beat the gelatin mixture for 5 minutes, until fluffy. 6. Pour 1 lb 12 oz (1 qt) of whipped gelatin over the fruit in each mold and stir gently to blend. Refrigerate until set, at least 2 hours. <p>CCP: Hold at 40° F or colder.</p> <ol style="list-style-type: none"> 7. Portion with No. 10 scoop (3/8 cup).
Lemon gelatin	12 oz	2 1/2 cups	1 lb 8 oz	1 qt 1 cup	
Water, boiling		2 cups		1 qt	
Reserved pineapple juice		1 cup		2 cups	
Orange juice concentrate		1/4 cup		1/2 cup	
Lowfat plain yogurt	1 lb 2 oz	2 cups	2 lb 4 oz	1 qt	
*Fresh red or white seedless grapes, halved, chilled	1 lb	2 cups	2 lb	1 qt	

* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	25 Servings	50 Servings
Grapes	1 lb 1 oz	2 lb 2 oz

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Fruit

Salads and Salad Dressings

E-01

SERVING:	YIELD:	VOLUME:
$\frac{3}{8}$ cup (No. 10 scoop) provides $\frac{1}{4}$ cup of fruit.	25 Servings: 5 lb 8 oz	25 Servings: 2 quarts 2 $\frac{1}{2}$ cups 2 pans
	50 Servings: 11 lb	50 Servings: 1 gallon 1 $\frac{1}{4}$ quarts 4 pans
Edited 2014		

Special Tip:

This salad may also be prepared substituting equal volumes of fresh diced apples or fresh grated carrots for fresh grapes, and substituting equal volumes of canned Mandarin oranges, canned diced peaches, and juice for canned pineapple and juice.

Nutrients Per Serving			
Calories	99	Saturated Fat	0.23 g
Protein	2.44 g	Cholesterol	1 mg
Carbohydrate	22.58 g	Vitamin A	51 IU
Total Fat	0.41 g	Vitamin C	7.6 mg
		Iron	0.18 mg
		Calcium	46 mg
		Sodium	50 mg
		Dietary Fiber	0.4 g