

Molded Vegetable Salad

Vegetable

Salads and Salad Dressings

E-01A

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Lemon gelatin	12 oz	2 ½ cups	1 lb 8 oz	1 qt 1 cup	1. In a bowl, dissolve gelatin in boiling water.
Water, boiling		3 cups		1 qt 2 cups	
Lemon juice		¼ cup		½ cup	2. Add lemon juice and yogurt. Whisk until smooth.
Lowfat plain yogurt	1 lb 2 oz	2 cups	2 lb 4 oz	1 qt	
*Fresh cabbage, shredded	1 lb	1 qt 2 ⅔ cups	2 lb	3 qt 1 ⅓ cups	3. Freeze mixture for about 30 minutes, until it begins to set.
*Fresh celery, chopped	14 oz	2 ¾ cups	1 lb 12 oz	1 qt 1 ½ cups	
*Fresh green pepper, chopped		¼ cup	2 ¾ oz	½ cup	4. Place 8 oz (3 ⅓ cups) of shredded cabbage, 7 oz (1 ¼ cups 2 Tbsp) chopped celery, 2 Tbsp chopped green pepper, and 1 Tbsp pimiento 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.
Canned pimiento, chopped, drained		2 Tbsp		¼ cup	
					4. In a mixing bowl, use the whip attachment on medium speed to beat the gelatin mixture for 5 minutes, until fluffy.
					5. Pour 1 lb 12 oz (1 qt) of whipped gelatin over the vegetables in each mold and stir gently to blend. Refrigerate until set, at least 2 hours.
					CCP: Hold at 40° F or colder.
					6. Portion with No. 6 scoop (⅔ cup).

* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	25 Servings	50 Servings
Cabbage	1 lb 3 oz	2 lb 6 oz
Celery	1 lb 1 oz	2 lb 2 oz

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Green peppers

2 oz

4 oz

SERVING:	YIELD:	VOLUME:
$\frac{2}{3}$ cup (No. 6 scoop) provides $\frac{1}{4}$ cup of vegetable.	25 Servings: 5 lb 8 oz	25 Servings: 1 gallon 1 cup 2 pans
	50 Servings: 11 lb	50 Servings: 2 gallons 2 cups 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 cabbage, celery, or pepper.

Nutrients Per Serving					
Calories	73	Saturated Fat	0.22 g	Iron	0.24 mg
Protein	2.55 g	Cholesterol	1 mg	Calcium	54 mg
Carbohydrate	15.62 g	Vitamin A	95 IU	Sodium	67 mg
Total Fat	0.40 g	Vitamin C	9.9 mg	Dietary Fiber	0.7 g