

MOLDED GELATIN SALAD

Serving Size: ½ Cup = 4 oz.

Ingredients:

	1 portion	2 portions	4 portions
Molded Salad	½ Cup	1 Cup	2 Cups
Lettuce	1 leaf	2 leaves	4 leaves

Directions:

1. You can make plain gelatin, add pureed fruit and set until firm; or take prepared fruited gelatin and puree until smooth, pour back into mold and set until firm. Best to use a blender.
2. Use lettuce leaf as a garnish for Dysphagia Mechanical, or puree lettuce and spread as a leaf under Gelatin on Dysphagia pureed.
3. Garnish with salad dressing swirl. Chill and serve.

NOTE: You can use any gelatin and canned fruit as long as pureed. Dysphagia Mechanical omit pineapple; all other canned fruits are OK if cut up and added to gelatin.

Diabetic: Use diabetic gelatin and unsweetened fruit. 1 fruit exchange.

Low Sodium: OK.

Low Fat/Low Cholesterol: OK.

Bland: OK.