

Shimmering Tropical Fruit

Ingredients:

- 1 can (15 ¼ ounce) tropical fruit salad
- 1 package (4 serving size) lemon or peach gelatin
- 8 sprigs of parsley, optional

Dipping Sauce:

- 1 carton (8 ounces) low fat vanilla yogurt
- 1 cup chopped strawberries

Directions:

Place strainer inside a mixing bowl. Pour tropical fruit salad into strainer, drain juice. Pour drained juice into measuring cup. Add enough water to juice, making a total of 1 ¾ cups of liquid. Heat liquid in saucepan over medium high heat. When it boils, turn the heat off and carefully move pan to a heat proof surface. Add gelatin and stir until dissolved. Chill gelatin in refrigerator until it slightly thickens, about 45 minutes. Stir in fruit and pour gelatin into either a mold or cups. Put into refrigerator and chill until firm, about 2 ¼ hours. Mix together vanilla yogurt and chopped strawberries. To unmold, fill sink with warm water, quickly dip mold into water. Turn over onto platter and let salad slip out. Decorate with parsley if desired and serve with dipping sauce.

Nutrition Facts

Serving Size @3/4 cup (211g)	
Servings Per Container 6	
Amount Per Serving	
Calories 130	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 115mg	5%
Total Carbohydrate 29g	10%
Dietary Fiber 1g	4%
Sugars 27g	
Protein 4g	
Vitamin A 2%	• Vitamin C 50%
Calcium 8%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Nutrition Analysis completed using The Food Processor SQL© Nutrition Analysis Software from ESHA Research, Salem, Oregon. 6-18-08

