

# Molded Vegetable Salad

Meal Components: Vegetable

Salads, Sauces, Condiments & Dressings, E-01A

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Lemon gelatin	12 oz	2 1/2 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		1/4 cup		1/2 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 2/3 cups	2 lb	3 qt 1 1/3 cups	3. Place 8 oz (3 ? cups) of shredded cabbage, 7 oz (1 1/4 cups 2 Tbsp) chopped celery, 2 Tbsp chopped green pepper, and 1 Tbsp pimienta in each 3 qt gelatin mold or baking pan (9" x 13" x 2"). For 25 servings, use 2 molds or pans.
*Fresh celery, chopped	14 oz	2 3/4 cups	1 lb 12 oz	1 qt 1 1/2 cups	
*Fresh green pepper, chopped		1/4 cup	2 3/4 oz	1/2 cup	4. In a mixing bowl, use the whip attachment on medium speed to beat the gelatin mixture for 5
Canned pimienta, chopped, drained		2 Tbsp		1/4 cup	

5. Pour 1 lb 12 oz (1 qt) of whipped gelatin over the vegetables in each mold and stir gently to bend. Refrigerate until set, at least 2 hours.
6. Portion with No. 6 scoop ( 1/2 cup).

### Notes

\* See Marketing Guide

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.

### Marketing Guide

Food as Purchased for	25 Servings	25 Servings
Cabbage	1 lb 3 oz	2 lb 6 oz
Celery	1 lb 1 oz	2 lb 2 oz
Green peppers	2 oz	4 oz

Serving	Yield	Volume
? cup (No. 6 scoop) provides ¼ cup of vegetable.	<b>25 Servings:</b> 5 lb 8 oz	<b>25 Servings:</b> 1 gallon 1 cup 2 pans
	<b>50 Servings:</b> 11 lb	<b>50 Servings:</b> 2 gallons 2 cups 4 pans

Nutrients Per Serving					
Calories	73	Saturated Fat		Iron	
Protein	3 g	Cholesterol	1 mg	Calcium	54 mg
Carbohydrate	16 g	Vitamin A	95 IU	Sodium	67 mg
Total Fat		Vitamin C	10 mg	Dietary Fiber	1 g