

NOURISH STEP ORANGE SALAD

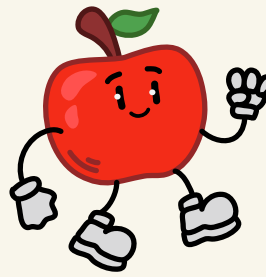


IMAGE BY CHEF LORI FERNANDEZ

Ingredients

- 22 oz. 1% Cottage Cheese
- 20 oz. Crushed Pineapple in 100% juice or water. (Drain Well)
- 15 oz can of Mandarin Oranges packed in water. (Drain Well).
- 3 oz. box of Sugar-Free Orange Gelatin (Dry)
- 8 oz. Sugar-free Whipped Topping, Thawed.
- Optional: Chia and ground Flax Seeds.

Variations:

You can use any flavor of sugar-free gelatin and just change to fruit to match the flavors.

For example Strawberry gelatin with bananas and/or fresh or frozen strawberries with no added sugar.

You can also add in shredded carrots or crushed nuts to a little for texture and some additional nutrients.

This recipe removes the added sugar from the traditional recipe & it's customizable!



PREP TIME
10 MIN



CHILL TIME
**1 TO 24
HRS**



SERVINGS
10

Instructions

1. Drain the fruit well. You may want to pat it dry with a paper towel after you drain it. This is important so the salad doesn't get runny.
2. Combine the fruit, cottage cheese, and dry gelatin in a large mixing bowl.
3. Fold in the thawed whipped topping.
4. Cool in the fridge at least 1 hour. It is best if it sets overnight.
5. Serve the chia and ground flax on the side for folks to sprinkle on top of the salad if they like.
6. Garnish with mandarin orange slices, shredded carrots, some of the crushed pineapple, or any fresh fruit or parsley, etc.
7. Enjoy! It is a refreshing salad that can be modified easily to change the flavor to add variety.

RECIPE ADAPTED FROM DONNA VANKAMPEN,
AND THE DARLING APRON.

Nutrient Info for $\frac{3}{4}$ c. Serving: 151 cal., 8 g Pro., 3 g fat, 6 mg chol., 251 mg sodium, 22 g CHO, 1 g fiber, 0 Added Sugar.