



Whipped Carrot Salad

Ingredients

- 1 package (6 ounces) orange gelatin (*fat free is fine*)
- 2 cups boiling water
- 1 package (8 ounces) reduced-fat cream cheese, cubed
- 2 cans (8 ounces each) unsweetened Crushed Pineapple in 100% Pineapple Juice, drained
- 1 cup *finely grated carrots*
- 1 carton (8 ounces) *reduced-fat whipped topping, thawed*

Directions

- In a bowl, dissolve gelatin in boiling water.
- Place cream cheese in a food processor or blender; cover and process until smooth. While processing, gradually add dissolved gelatin; process until smooth. Pour into a large bowl.
- Stir in pineapple and carrots; fold in whipped topping.
- Pour into a serving bowl or a 9 x 13" cake pan. Refrigerate for 2 hours or until firm.
- **Yield:** 12 servings.

Nutritional Analysis: One serving (2/3 cup) equals 158 calories, 6 g fat (4 g saturated fat), 11 mg cholesterol, 92 mg sodium, 22 g carbohydrate, 1 g fiber, 4 g protein. **Diabetic Exchanges:** 1-1/2 starch, 1 fat.