

Orange Fluff Salad

A one-dish wonder!

8 servings

Ingredients:

- 1 container (12 ounces) low fat cottage cheese
- 1 package (3 ounces) orange gelatin
- 1 can (8 ounces) crushed pineapple with juice
- 1 can (11 ounces) mandarin oranges, drained
- 1 cup whipped topping

Directions:

1. Combine cottage cheese and gelatin powder in mixing bowl.
2. Fold in pineapple, drained oranges and whipped topping.
3. Chill until serving time.

Nutrition Facts: One 1/2 cup serving provides 120 calories, 1.5g total fat, 0mg cholesterol, 200mg sodium, 20g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

Orange Fluff Salad

A one-dish wonder!

8 servings

Ingredients:

- 1 container (12 ounces) low fat cottage cheese
- 1 package (3 ounces) orange gelatin
- 1 can (8 ounces) crushed pineapple with juice
- 1 can (11 ounces) mandarin oranges, drained
- 1 cup whipped topping

Directions:

1. Combine cottage cheese and gelatin powder in mixing bowl.
2. Fold in pineapple, drained oranges and whipped topping.
3. Chill until serving time.

Nutrition Facts: One 1/2 cup serving provides 120 calories, 1.5g total fat, 0mg cholesterol, 200mg sodium, 20g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program

Kids a Cookin'

www.kidsacookin.ksu.edu

Chef's Choice
Orange Fluff Salad
Tuna Sandwich
Low Fat Milk

Orange Fluff Salad

A one-dish wonder!

8 servings

Ingredients:

- 1 container (12 ounces) low fat cottage cheese
- 1 package (3 ounces) orange gelatin
- 1 can (8 ounces) crushed pineapple with juice
- 1 can (11 ounces) mandarin oranges, drained
- 1 cup whipped topping

Directions:

1. Combine cottage cheese and gelatin powder in mixing bowl.
2. Fold in pineapple, drained oranges and whipped topping.
3. Chill until serving time.

Nutrition Facts: One 1/2 cup serving provides 120 calories, 1.5g total fat, 0mg cholesterol, 200mg sodium, 20g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

Orange Fluff Salad

A one-dish wonder!

8 servings

Ingredients:

- 1 container (12 ounces) low fat cottage cheese
- 1 package (3 ounces) orange gelatin
- 1 can (8 ounces) crushed pineapple with juice
- 1 can (11 ounces) mandarin oranges, drained
- 1 cup whipped topping

Directions:

1. Combine cottage cheese and gelatin powder in mixing bowl.
2. Fold in pineapple, drained oranges and whipped topping.
3. Chill until serving time.

Nutrition Facts: One 1/2 cup serving provides 120 calories, 1.5g total fat, 0mg cholesterol, 200mg sodium, 20g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program

Kids a Cookin'

www.kidsacookin.ksu.edu

Chef's Choice
Orange Fluff Salad
Tuna Sandwich
Low Fat Milk