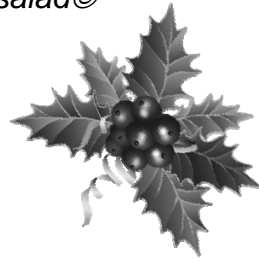


Cranberry – Sour Cream Congealed Salad

For those who must have a congealed salad☺

- 3 pkgs. Raspberry Jell-O (sugar-free or regular)
- 3 c. hot water
- 1 can whole cranberry sauce
- 1 8-oz. container reduced-fat OR fat-free sour cream



1. Add Jell-O to hot water, stirring until completely dissolved.
2. Refrigerate for approximately 30 minutes or until slightly set (very thick consistency).
3. Stir in cranberry sauce.
4. Add sour cream and stir until well mixed. *(A wire whisk helps mix well.)*
5. Pour into 8-inch square pan and refrigerate until set.

Yield: 12 servings

Nutritional Information: Per serving:

	Sugar-free Jell-O + fat-free sour cream	Sugar-free Jell-O + reduced-fat sour cream	Regular Jell-O + reduced-fat sour cream
Calories:	109.8	121.8	150
Total Fat:	0 g	2.4 g	2.4 g
Cholesterol:	2 mg	10 mg	10 mg
Carbohydrates:	12.7 g	12.7 g	31.7 g
Protein:	1 g	1 g	2.9 g
Sodium:	71 mg	59 mg	100 mg

Recipe from my mother's recipe book with a few changes to make it healthier.