



Strawberry Buttermilk Salad

1 (20 ounces) can crushed pineapple, canned in pineapple juice
1 large (6 ounces) package strawberry Jell-O®
2 cups buttermilk
1 (8 ounces) container Lite Cool Whip®
½ cup chopped pecans, optional
1 cup fresh or frozen sliced strawberries

1. Bring pineapple and juice to slow boil.
Add Jell-O®. Mix well and cool.
2. Add rest of the ingredients and stir.
3. Put into 9x13 pan or glass dish.
4. Refrigerate until set.

Makes 16 portions

Per portion

Calories	100
Carbohydrate	13 grams
Protein	2 grams
Fat	5 grams
Saturated Fat	2 grams
Cholesterol	1 milligram
Sodium	51 milligrams
Dietary Fiber	1 gram

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