

# Strawberry Gelatin Salad

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- 1 cup boiling water
- 2 cups cold water
- 1 large (.6 ounces) package sugar free strawberry Jell-O®
- 1 (4 ounces) can crushed pineapple, canned in pineapple juice
- 3 ripe bananas
- 2 (10 ounces each) packages frozen, sweetened strawberries
- 1 (16 ounces) carton fat free sour cream
- 1/2 cup chopped pecans

**Makes 18 portions, about 2x3 inches each**

Per portion

Calories:	98
Carbohydrate:	19 grams
Protein:	2 grams
Fat:	2 grams
Saturated fat:	0
Cholesterol:	2 milligrams
Sodium:	49 milligrams
Dietary fiber:	1 gram

1. Boil water and dissolve gelatin in it. Stir in 2 cups cold water.
2. Drain pineapple and slice bananas. Combine pineapple, bananas, strawberries with juice, and chopped pecans. Fold fruit mixture into jell-o. Put half of jell-o mixture in 9x13 inch pan or glass dish.
3. Place in refrigerator for about 30 minutes or until it begins to set. Spread sour cream over the jell-o. Pour the rest of the jell-o mixture on top of sour cream layer and place in refrigerator. Refrigerate until firm. Cut in squares to serve.