

# Orange Fluff Salad

A one-dish wonder!



Level: Easy

Makes: 8

## Kids' Tool Kit

mixing bowl  
rubber spatula  
can opener  
strainer  
measuring cup

## 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:

**Remember to wash your hands!**

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

## Chef's Choice

Orange Fluff Salad  
Tuna sandwich  
Low fat milk



**Helpful Hints:** Kids may tell you they don't like cottage cheese, but wait until they try this salad. The orange gelatin adds color and flavor and the fruit adds lots of vitamin C. Cottage cheese has less calcium than other cheese because during processing, the whey is drained away, along with about half the calcium! But it still provides plenty of protein, riboflavin and some calcium!



**Safety Tip:** Always wash the lid of canned foods before opening to avoid getting germs in the food. Hold the can under running water or use a clean soapy dishcloth to wipe the lid.

## Nutrition Facts

Serving Size 1/2 cup (129g)  
Servings Per Container 8

Amount Per Serving	
<b>Calories</b> 120	Calories from Fat 15
% Daily Value*	
<b>Total Fat</b> 1.5g	2%
Saturated Fat 1.5g	6%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 200mg	8%
<b>Total Carbohydrate</b> 20g	7%
Dietary Fiber less than 1 gram	2%
Sugars 18g	
<b>Protein</b> 6g	
Vitamin A 6%	Vitamin C 25%
Calcium 4%	Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

For more information about this recipe and other fun recipes: contact your county extension office in Kansas visit the website at [www.kidsacookin.ksu.edu](http://www.kidsacookin.ksu.edu), or e-mail [kidsacookin@ksu.edu](mailto:kidsacookin@ksu.edu).