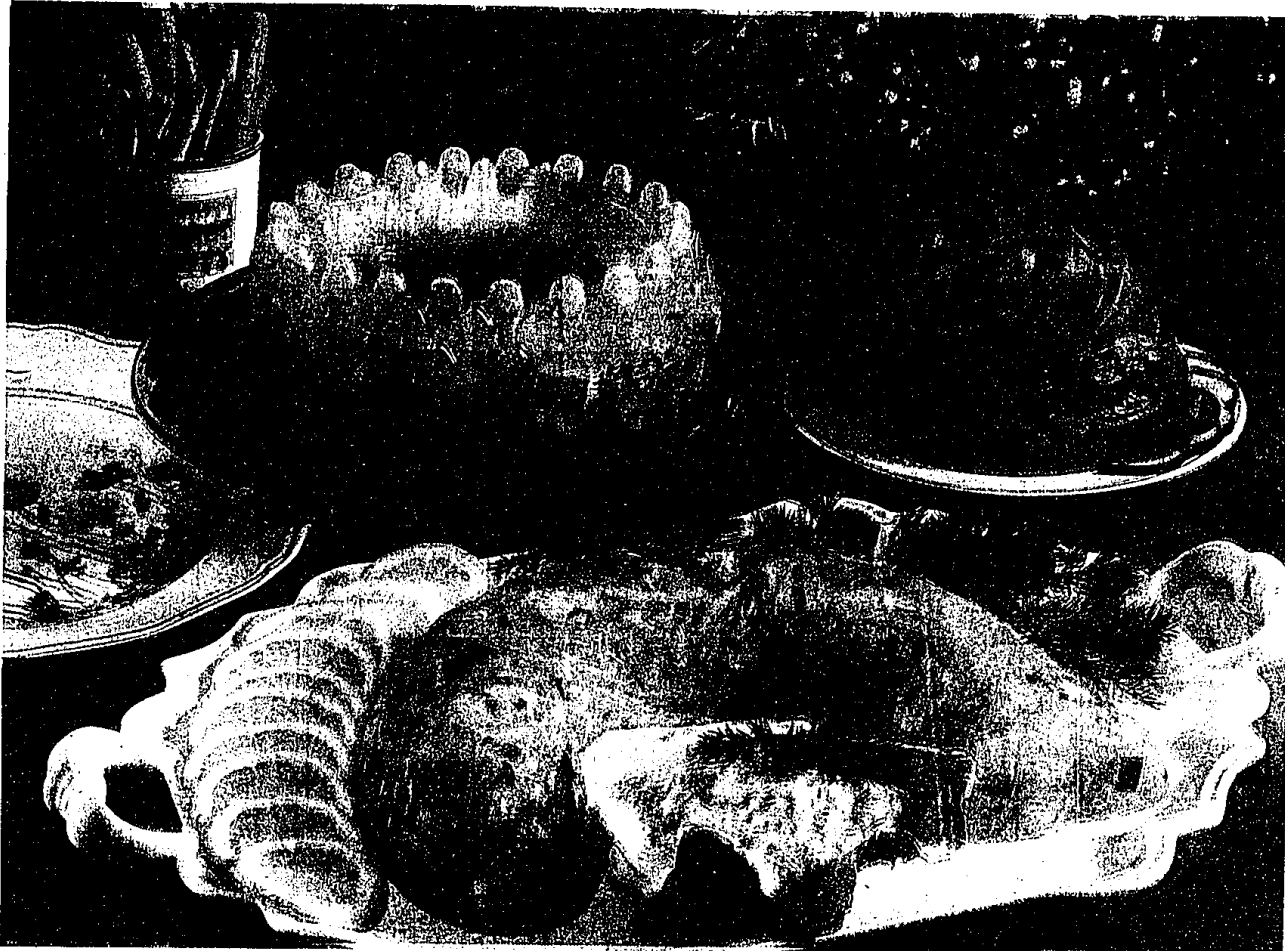


Slim Down with Main Dish Molded Salads



Slim down with a trio of main dish salads to serve on a salad buffet or individually as a meal. They are all big in flavor but low in calories when made with a new Featherweight 87% reduced calorie gelatin.

Here's a new slim-down approach to a calorie controlled meal in a molded salad pretty enough for a party. We've followed the advice of nutritionists by starting with a low-fat protein, adding a vegetable or two and molding them together with a touch of seasoning in a sugar-free fruit flavored gelatin.

The new gelatins, which are 87% lower in calories than regular gelatin, were developed by Featherweight™ with NutraSweet™ (a new sweetener, aspartame) which gives them a natural sweet fruit flavor. They have no sugar, saccharin or salt added.

Our choice for the sparkling layered salad starts with chicken, either cooked or canned, for the protein, and then

adds colorful green peas and celery for the vegetables, a light touch of curry and the option of adding some chopped chutney, if you choose. The fresh orange flavor of the gelatin compliments both taste and appearance. Whole blanched almonds add crunch and garnish to a salad with only 126 calories per serving.

Canned salmon marinated in low calorie Italian dressing is the inspiration for a fish shaped mold. Green onions, shredded carrots and cucumber add color, texture and nutrients while the lemon gelatin accents the color and flavor of the salad. Fresh dill blended with low-fat yogurt make a perfect salad dressing to serve as accompaniment in a seafood. Made with Featherweight gelatin there are only 115

calories per serving in the mold and 18 calories per tablespoon of dressing.

The spicy flavors of gazpacho blend chunks of tuna, cucumber, celery, tomato, green pepper and onion with lemon gelatin, to create a colorful and tangy mold with merely 101 calories.

Pick your favorite molded salad and add crisp bread sticks for a good accompaniment. To keep the meal nutritionally balanced and low in calories, add a beverage and fresh fruit for dessert.

The Featherweight NutraSweet sweetened gelatins are available nationally with each 2-pouch package containing 8 servings.

LEMON GAZPACHO MOLD

6 servings

101 calories
per serving

- 1 package lemon gelatin dessert
- 1 teaspoon instant bouillon beef flavor
- 1 cup boiling water
- 2-1/2 cups tomato juice
- 2 teaspoons red wine vinegar
- 1 teaspoon Worcestershire sauce
- 1/4 teaspoon liquid red pepper seasoning
- 1 cup chopped unpeeled cucumber
- 1/2 cup chopped celery
- 1/2 cup chopped seeded peeled tomato
- 1/4 cup chopped green pepper
- 1/4 cup finely chopped onion
- 2 6-1/2-ounce cans tuna chunks, drained

Empty both envelopes of gelatin into a bowl. Add instant bouillon and boiling water; stir until dissolved. Add tomato juice, red wine vinegar, Worcestershire sauce, and red pepper seasoning; stir well. Chill until thickened. Add cucumber, celery, tomato, green pepper, onion, and tuna to thickened gelatin; mix well. Turn mixture into a lightly oiled 5-1/2 or 6-cup mold. Chill until firm. Unmold on a serving plate.

SALMON SALAD WITH DILLED YOGURT SAUCE

6 servings

115 calories/salad
18 calories/tbsp/dressing

- 2 7-3/4-ounce cans pink salmon
- 1/2 cup low calorie Italian dressing
- 1 package lemon gelatin
- 1 cup boiling water
- 2-1/2 cups cold water
- 3 green onions, thinly sliced
- 2 carrots, pared and shredded
- 1/2 small cucumber, coarsely chopped
- 1 8-ounce carton low-fat yogurt
- 2 tablespoons chopped fresh dill or
- 1 teaspoon dried dill weed

Drain salmon and put into a bowl. Pour dressing over salmon and toss with a fork to coat. Cover and marinate in refrigerator 4 hours or overnight. Empty both envelopes of gelatin into a bowl. Add boiling water and stir until dissolved. Add cold water and stir well. Chill until thickened. Add green onions, carrots, cucumber and marinated salmon to thickened gelatin; mix well. Turn mixture into a lightly oiled 6-1/2-cup fish-shaped mold. Chill until firm. Unmold on a serving plate. Combine yogurt and dill. Serve with the salad.

LAYERED ORANGE CHICKEN SALAD

6 servings

126 calories
per serving

- 1 package orange gelatin dessert
- 1 teaspoon instant bouillon chicken flavor
- 1 cup boiling water
- 3 cups cold water
- 18 blanched almonds
- 2 cups coarsely diced cooked chicken
- 1 cup cooked green peas
- 1/2 cup chopped celery
- 1 teaspoon curry powder
- 1 tablespoon chopped chutney (optional)

Empty both envelopes of gelatin into a bowl. Add instant bouillon and boiling water; stir until dissolved. Add cold water and stir well. Chill until thickened but not set. Arrange almonds in bottom of a lightly oiled 2-quart fancy mold. Pour half of thickened gelatin into the mold over the almonds. Chill gelatin until just set. Combine chicken, peas, celery, curry powder, and chutney; add to gelatin in bowl and mix thoroughly. Spoon chicken mixture over set gelatin layer. Chill until firm. Unmold on a serving plate.