

## ORANGE GELATIN SALAD

4 Servings, 3/4 cup each

Gelatin, unflavored	3 1/4-ounce packages
Cold water	2-1/4 cups
Orange juice, concentrate	3/4 cup

**PREPARATION TIME: 5 MINUTES**

**COOKING TIME: 3 TO 4 MINUTES**

1. Place water in a saucepan; sprinkle gelatin over water. Let stand 2 minutes.
2. Heat gelatin mixture until it dissolves (mixture will be clear), about 3 to 4 minutes.
3. Remove from heat; add orange juice concentrate and mix.
4. Pour into 9- by 9-inch pan and refrigerate until firm, about 2 to 3 hours.
5. Cut into 1-inch squares.

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PER SERVING:

Calories	100
Total fat	Trace
Saturated fat	Trace
Cholesterol	0
Sodium	16 milligrams