

Fruited Gelatin and Cottage Cheese

16 oz. 4% fat cottage cheese
1 pkg. sugar-free orange Jell-O® (4 serving size)
3/4 cup boiling water
1/2 cup cold water
Ice cubes
11 oz. can mandarin oranges, drained

Place cottage cheese in blender or food processor container, cover. Blend until smooth; set aside. Completely dissolve gelatin in boiling water and add enough ice cubes to measure 1 1/4 cups to the gelatin. Stir until slightly thickened. Remove any unmelted ice; stir in oranges. Divide cottage cheese among 8 individual serving dishes. Spoon gelatin mixture over cottage cheese. Chill until set, about 2 hours. Makes 8 servings

Nutrition information per serving: calories 46; protein 4 grams; fat 2 grams; sodium 166 mg