

Cool Pistachio Salad

Courtesy of Carole's Creations

Prep Time: 15 minutes

Refrigeration Time: 2 hours

Serves: 6-8

CChints: Pecans can be found year round in your market. Buy more than needed for this recipe and store the rest in a sealable bag in the freezer for up to 1 year. When you need pecans for a recipe, simply take the bag out and get out what you need and put the rest back in the freezer. The pecans will thaw within 10 minutes at room temperature.



This salad needs to be refrigerated for at least 2 hours before serving so it has a chance to set up. The salad can be made the day and kept in a sealed container in the refrigerator.

20 ounce can crushed pineapple, in it's own juice, undrained

12 ounces reduced fat frozen whipped topping, thawed

1 ounce box sugar free Pistachio pudding

1 cup chopped pecans

1 cup coconut

Pour the pineapple and it's juice, whipped topping and pudding into a large mixing bowl. Stir well for about 1 minute to help the pudding dissolve into the other items.

Stir in the pecans and coconut. Transfer to a bowl with a cover and refrigerate for at least 2 hours or overnight.

Just before serving give the salad a stir and enjoy.

Also on this website you'll find a recipe to use a version of this salad on a dessert. See Angel Food Cake with Pistachio Fluff.