

**Seasonal Eating**  
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**A Carrot Salad Childhood Favorite**  
**April 2025**

I was looking through some carrot recipes this week in honor of spring and ran across Sunset Congealed Salad. My mind raced back to the 1970s when we would have this salad quite often for dinner and I absolutely loved it. Originally this came from a Jello cookbook in 1963, so its an oldie, but a goodie, and we're bringing it back into the 21st century!

Now, you have to hang in there with me. Yes, it's a congealed salad with vegetables in it. That directly takes my mind to savory asparagus molded salad and aspics with tomatoes or boiled eggs and meats in gelatin – not exactly my personal favorite. But carrots are a much sweeter vegetable and when you finely shred them and combine with crushed pineapple in orange gelatin with toasted pecans, they turn into a congealed salad that bursts with a sweet, tropical flavor accentuated with the crunchy texture of carrots and nuts. I had actually forgotten just how good this salad really is and even dug out my mom's metal congealed salad mold in the shape of a shell (which I haven't used in years) for the occasion. We often had molded congealed salads growing up and she had several different shapes.



I think of carrots in the spring, to go with Easter and bunnies. Carrots come in an amazing array of colors and in the larger farmers markets and specialty grocery stores you can find rainbow carrots that come in colors like purple, yellow and white as well as the traditional orange. They are full of vitamin A which is associated with good eyesight. Carrots are not only pretty but they complement the other flavors of Easter dinner such as ham and spinach.

This spring, try something new, that's actually old, and make Sunset Congealed Salad. It might just become a family favorite of yours too! For more information and recipes check out the Seasonal Eating page at [bedford.tennessee.edu](http://bedford.tennessee.edu).

**Sunset Congealed Salad**

1 (6-ounce) box orange gelatin  
1/4 teaspoon salt  
3 cups water, boiling  
1 (20-ounce) can crushed pineapple  
2 tablespoons lemon juice  
2 cups finely grated carrots  
2/3 cup chopped, toasted pecans

In large mixing bowl, dissolve gelatin and salt in water. Add undrained pineapple and lemon juice. Chill until partially thickened. Fold in carrots and pecans. Pour into a 2-quart mold or casserole dish and chill until firm. Unmold or cut into squares and serve.

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