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# REGULAR DIET SALAD

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Anne Lybrand

**1 lg. can pineapple**

**2 pkgs. (sm.) lemon or lime**

**Jello**

**2 c. buttermilk**

**9 oz. Cool Whip**

**Chopped nuts**

Heat to boiling point liquid of pineapple and add 2 packages of Jello. Fold in 2 cups buttermilk and the Cool Whip. Add finely chopped pineapple and chopped nuts. Easy salad.