

# Frog Eye Salad

*This recipe makes about 10 cups*



## Ingredients

**1 - 20 oz** can of pineapple tidbits in juice, reserve the juice  
**1 - 15 oz** can of mandarin oranges drained and rinsed  
**1- 1lb box** of Acini De Pepe pasta  
**1 Egg**  
**½ cup** sugar  
**1 tbs** flour  
**1/4 tsp** salt  
**1 - 8 oz** small tub of whipped topping  
**1 cup** mini marshmallows

## Directions:

1. Cook the pasta according to the directions on the box
2. While cooking the pasta, cook the custard dressing:
  - a. In a heavy saucepan, beat the egg until foamy
  - b. Stir in sugar, flour and salt
  - c. Stir in reserved pineapple juice
  - d. Cook and stir over medium heat until thick and bubbly
3. Rinse the pasta, and then combine pasta and custard dressing in a large bowl.
4. Chill for 1 hour
5. Add the Whipped Topping, fruit, and marshmallows (you can substitute a can of fruit cocktail for the mandarin oranges) and stir until combined.
6. Line your trays with silicone mats.
7. Spread the frog eye salad onto your trays.
8. Place dividers (if you choose). We like to use 15 portions per tray
9. Pre-freeze when possible
10. Freeze dry (my cycle time was 30 hours)
11. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Using cold water, add water at about half the volume of frog eye salad to start. Stir and let sit for 5 minutes. Repeat as necessary. Cold water will take about 1 hour for full rehydration, this will turn out the creamiest. If you want to hurry it along, use boiling water. Stir, cover, let sit for 5 minutes and proceed as above.

## Notes:

After rehydrating, feel free to add in a bit more whipped topping to restore the creaminess.

## Nutritional Value Per 1 cup

Calories: 325 Protein: 7 g Fat: 4 g Carbohydrates: 65 g Sugar: 27 g Fiber: 2 g