

Recipes Using Canned Fruit Cocktail



Banana Fruit Cocktail Bread

You will need:

3/4 cup fruit cocktail, drained and lightly chopped 1 cup ripe bananas (2 large), mashed
1/2 cup oil or melted butter 3/4 cup sugar 2 eggs
juice from 1/2 lemon 1 tsp. vanilla 2 cups flour
1 tsp. baking soda 1 tsp. baking powder dash of salt 1/2 cup chopped walnut or pecans, optional

Instructions:

- Preheat oven to 350 degrees. Grease and flour a 9x5 inch loaf pan.
- In a large bowl, add oil, sugar and eggs. Beat until well combined.
- Add vanilla, lemon juice, bananas, and fruit cocktail.
- In a small bowl, mix flour, baking soda, baking powder and salt.
- Add to first ingredients and blend until flour is just incorporated. If using nuts, add at this point.
- Do not over mix. Pour into prepared pan. Bake 45 - 60 minutes. Bake until toothpick comes out clean.
- Remove from pan to cool completely. Wrap and let mellow overnight before slicing.

Tropical Breakfast Parfait

You will need:

1 (15 oz.) can fruit cocktail, drained 2 cups vanilla yogurt 3/4 cup granola or breakfast cereal

Instructions:

- Put 2 tbsp. yogurt in the bottom of each of 4 glasses. Top with layer of fruit cocktail.
- Sprinkle with granola or breakfast cereal. Repeat layers of yogurt, fruit cocktail, and granola.

Zesty Fruit Cocktail Dip

You will need:

1 (15 oz.) can fruit cocktail, very well drained and chopped 1 package (8 oz.) cream cheese, softened
1 - 2 tbsp. orange juice concentrate or orange juice 1 tbsp. orange rind
1/3 cup chopped walnuts

Instructions:

- Allow cream cheese to soften. Mix together cream cheese, orange juice concentrate and orange rind.
- Gently fold in fruit cocktail and nuts. Chill overnight before serving. Serve with crackers of choice.

Sweet and Sour Dipping Sauce

You will need:

1 (15 oz.) can fruit cocktail, drain and save the juice		$\frac{1}{2}$ - $\frac{3}{4}$ cup white sugar
4 tbsp. ketchup	$\frac{1}{2}$ cup vinegar	1 tbsp. soy sauce
1 tsp. garlic powder	$\frac{1}{2}$ - 1 tsp. red pepper flakes	sesame seeds, optional
$1\frac{1}{2}$ tbsp. corn starch	$\frac{1}{4}$ cup cold water	

Instructions:

- Drain and finely chop the fruit cocktail. Save the juice for later.
- In a sauce pan, add sugar, ketchup, vinegar, soy sauce, garlic salt, red pepper flakes and $\frac{1}{2}$ cup juice.
- Heat over medium heat to dissolve the sugar. Add fruit cocktail.
- In a separate bowl mix together water and cornstarch.
- Stir to make paste. Heat and stir constantly until mixture thickens, about 1 minute.
- Add cornstarch mixture to fruit cocktail mixture and bring to a simmer. Remove from heat and cool.
- Garnish with chopped green onions and sesame seeds. (optional)
- Use as a dipping sauce for chicken, shrimp, or pork.

Fruit Cocktail Cobbler/Bars

You will need:

1 (15 oz.) fruit cocktail	1 (18 oz.) box yellow cake mix	$\frac{1}{2}$ cup unsalted butter
$\frac{1}{2}$ cup shredded coconut (optional)		

Instructions:

- Preheat oven to 350 degrees. Melt one stick of butter in a microwave oven at 50% power.
- Spray 8x11 glass baking dish with cooking spray.
- Pour entire contents of fruit cocktail (juice and all) in the bottom of the baking dish.
- Sprinkle box of yellow cake mix, evenly, over the top of fruit cocktail.
- Do **NOT** mix cake mix and fruit cocktail. Use the back of a spoon to smooth out cake mix.
- Drizzle melted butter over the top of cake mix.
- Cake mix does not need to be completely covered in butter. Sprinkle coconut over top, optional.
- Bake at 350 degrees for 45 minutes. Serve over ice cream or let cool and serve as bars.

Fruit Cocktail Pudding

You will need:

1 (15 oz.) can fruit cocktail, undrained	1 (3.4 oz.) package instant vanilla pudding mix
$\frac{1}{2}$ cup miniature marshmallows	$\frac{1}{2}$ chopped nuts, optional

Instructions:

- In a large bowl, combine fruit cocktail, juice and dry pudding mix. Stir for 2 minutes.
- Let stand for 2 minutes or until soft-set. Chill until serving. Fold in marshmallows just before serving.
- Garnish with nuts, if desired. Refrigerate leftovers.

Pink Fruit Freeze

You will need:

1 (15 oz.) can fruit cocktail, well drained	2 quarts (8 cups) strawberry ice cream, softened
1 package (8 oz.) cream cheese, softened	$\frac{1}{3}$ chopped walnuts (optional)
maraschino cherries (optional)	

Instructions:

- Mix softened cream cheese and ice cream in a large bowl until well blended.
- Stir in fruit cocktail, cherries and nuts. Pour into 9x9 square pan or 9x5-inch loaf pan.
- Remove from freezer 15 minutes before serving to soften slightly.