

# Recipes Using Canned Fruit Cocktail



Neighbors, Inc., South St. Paul, MN 55075

## 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  
10 maraschino cherries, optional      1/4 cup Cool Whip, optional

### 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.
- Top with Cool Whip, maraschino cherries, or other garnishes.

## 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      crackers of choice

### 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 tsp. garlic powder	$\frac{1}{2}$ - 1 tsp. red pepper flakes
$1\frac{1}{2}$ tbsp. corn starch	$\frac{1}{4}$ cup cold water
	1 tbsp. soy sauce
	sesame seeds, optional

### 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.

## Rice Pilaf with Fruit

### You will need:

1 (15 oz.) can fruit cocktail, drained	$2\frac{1}{2}$ - 3 cups white or brown rice, cooked
2 tbsp. olive or vegetable oil	3 - 4 tbsp. diced onion
3 - 4 tbsp. sweet red or yellow pepper, diced	3 - 4 tbsp. carrots
$\frac{1}{3}$ cup almonds, sliced or slivered or your choice of nuts	
$\frac{1}{4}$ cup orange juice or other fruit juice	salt & pepper to taste
	$\frac{1}{2}$ cup chopped parsley, basil, or mint

### Instructions:

- In a non-stick frying pan, heat 1 tbsp. oil over medium/low heat.
- Add onions, peppers, and carrots. Cook, stirring frequently for about 10 minutes.
- In a separate pan, heat the nuts over medium heat, stirring frequently while they are roasting.
- Remove from the heat when the nuts are slightly toasted. Set aside.
- Add the rice to the vegetable mixture and slowly heat, stirring frequently.
- Add more oil if needed to prevent sticking.
- When the rice mixture is hot, mix in the fruit cocktail, the fruit juice, and salt and pepper.
- Add the nuts and fresh herbs just before serving.

## Fruit Cocktail Upside Down Cake

### You will need:

1 (15 oz.) fruit cocktail	1 (18 oz.) box yellow cake mix	$\frac{1}{3}$ cup vegetable oil
2 - 3 eggs	$\frac{1}{2}$ cup butter	$\frac{1}{2}$ cup brown sugar
$\frac{1}{2}$ cup shredded coconut (optional)	maraschino cherries, optional	

### Instructions:

- Preheat oven to 350 degrees. In an 8x8" pan combine melted butter and brown sugar.
- Stir until smooth and evenly spread on bottom of pan. Distribute fruit evenly on top.
- Prepare cake batter as box directs with  $\frac{1}{4}$  cup less water. Pour evenly over fruit.
- Do **NOT** mix cake mix and fruit cocktail. Use the back of a spoon to smooth out cake mix.
- Bake in preheated oven for 40 - 45 minutes until golden or until inserted toothpick comes out clean.
- Remove from oven and let sit for 5 minutes. Carefully invert pan onto a platter or serving dish.
- Leave pan on top to allow sauce and fruit to settle for 5 minutes.