



Seafoam Salad, The Bitter Side of Sweet

My First Taste of Summer

My grandma's table always held magic. One summer day, a shimmering green tower appeared. It looked like a cloud from a fairy tale. I took one cool, sweet bite. I was hooked for life. **Ever wondered how a simple salad becomes pure joy?** That first taste is a core memory. It reminds me of family and long, lazy afternoons. Food connects us to our happiest moments. That is its true power.

A Kitchen Adventure

My first try did not go smoothly. I forgot to soften the cream cheese. Little lumps were everywhere in my mix. I thought it was a total

disaster. But I folded in the cream anyway. The result was still light and delicious. **It taught me that cooking is about heart, not perfection.** A small mistake cannot ruin something made with care. This is why home cooking matters so much. It is a practice in kindness to ourselves.

Why It Works So Well

This salad is a wonder of textures. The fluffy cream meets the soft, mashed fruit. The lime gelatin adds a bright, tangy kick. It cuts through the rich sweetness perfectly. **Which flavor combo surprises you most here?** Is it the cream cheese with lime? Or the fruit with the fluffy topping? Share your thoughts in the comments below. I love hearing what you think.

A Dish From a Different Time

This recipe comes from mid-century America. It was a time of fun and creative home cooking. Gelatin salads were party favorites everywhere. They were a symbol of celebration and style. *Did you know canned fruit was a postwar luxury?* This dish made it feel special and new. It represents a whole era of entertaining. Have you ever had a family recipe like this? Tell me about your nostalgic food memories.



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Ingredients:

Ingredient	Amount	Notes
Canned pear halves in juice	15 ounces	Drained but reserve the juice
Lime flavored gelatin	3 ounces	
Cream cheese	6 ounces	Softened to room temperature
Heavy cream	1 ½ tablespoons	Room temperature
Reserved pear juice	1 cup	Or add water to make 1 cup if needed
Cold heavy cream	¾ cup	
Whipped topping	As needed	For garnish, thawed
Maraschino cherries	As needed	For garnish

How to Make Sea Foam Salad**Step 1**

Start by draining your canned pears. Save that sweet juice in a measuring cup. You will need exactly one cup of liquid. (Hard-learned tip: If you are short, just add water to reach the full cup).

See also Sangria-Melon Chiller

Step 2

Heat your pear juice in a small pan. Bring it to a low boil on the stove. Stir in the lime gelatin powder until it dissolves. Then set this bright green liquid aside to cool down.

Step 3

Grab your room-temperature cream cheese. Beat it with a bit of heavy cream. Mix until it is perfectly smooth and lump-free. Then slowly mix in

your cooled lime gelatin.

Step 4

Pop that creamy mixture into the fridge. Let it chill for about thirty minutes. It should thicken up but not get fully firm. This wait is key for the perfect fluffy texture.

Step 5

While that chills, mash your pears well. Use a fork or a potato masher for this. In another bowl, whip the cold cream until stiff. Stiff peaks mean it stands up straight.

What is the sign that your whipped cream is ready? Share below!

Step 6

Gently fold the mashed pears into the whipped cream. Then fold this into your chilled cream cheese mix. Be gentle to keep all that lovely air in there. You will get a beautiful, light green fluff.

Step 7

Spoon everything into a sprayed mold. Cover it tightly and chill for four hours or more. To serve, dip the mold in warm water for a few seconds. Flip it onto a plate for a gorgeous treat.

Cook Time: 20 minutes

Total Time: 4 hours 48 minutes

Yield: 7 servings

Category: Dessert, Salad

Three Fun Twists on a Classic

Tropical Breeze: Use crushed pineapple instead of pears. Try coconut cream in place of heavy cream. It is a vacation in every bite.

Berry Blast: Swap lime gelatin for strawberry or raspberry. Fold in some fresh, mashed berries at the end. The color is simply stunning.

Creamsicle Dream: Use orange gelatin and mandarin oranges. It tastes just like the classic ice pop. Kids and adults will both love it.

Which twist sounds best to you? Vote in the comments!

Serving Your Sea Foam Salad

This salad is a showstopper on its own. Serve it on a bed of crisp lettuce leaves. Top with extra whipped topping and a cherry. It pairs well with a simple ham sandwich.

See also French Toast Soufflé
For drinks, try a sweet iced tea. A fizzy lemon-lime soda also works great. For a grown-up option, a crisp glass of Riesling is perfect.
Which pairing would you choose for your dinner tonight?



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Keeping Your Salad Cool and Fresh

Store any leftovers in the fridge. Cover the dish tightly with plastic wrap. It will stay good for up to three days. This dessert does not freeze well. The texture becomes grainy after thawing. You cannot reheat this dish. It is a chilled treat meant to stay cold.

Fixing Common Salad Troubles

Is your mixture not setting? Your fridge might be too warm. Ensure it is cold enough. Is the cream cheese lumpy? Make sure it is very soft before mixing. Did your salad break when unmolding? Run warm water a bit longer next time. A quick tip from my kitchen: always spray your mold well. This simple step saves so much stress.

Your Questions, Answered

Q: Is this recipe gluten-free? A: Yes, it is naturally gluten-free. Just check your gelatin label to be sure.

Q: Can I make it ahead? A: Absolutely! Make it the night before. It needs time to set anyway.

Q: What can I use instead of pears? A: Canned peaches work wonderfully. Their juice is also great for the liquid.

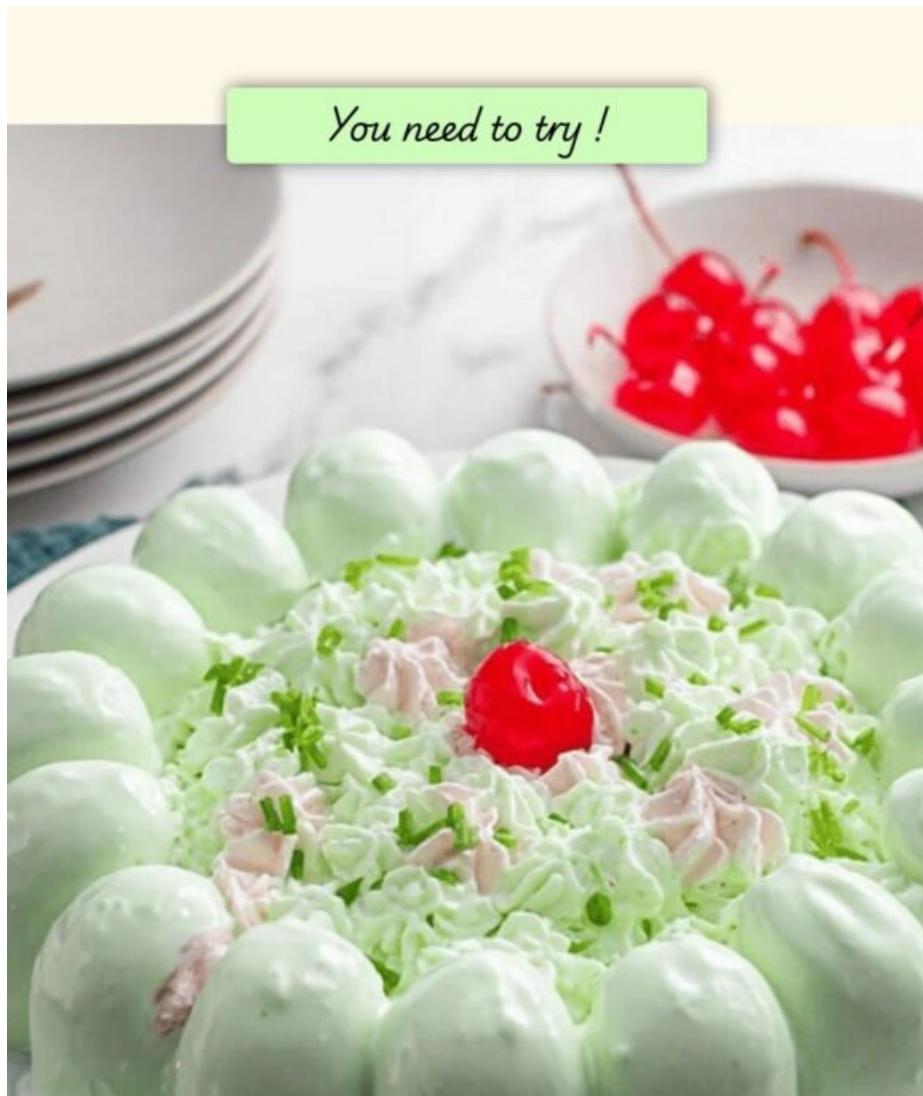
Q: Can I double the recipe? A: You can easily double it. Use a much larger mold or two pans.

Q: Why use heavy cream? A: It whips up thick and holds its shape. This gives the salad its fluffy feel. What other fruit would you try in this?

Let me know your ideas.

A Sweet Final Note

I hope this recipe brings you joy. It always reminds me of summer picnics. Did you give this a twist? I would love to see your creation. Share your photos and tag **@SavoryDiscovery** on Pinterest. Happy cooking! —Elowen Thorn.



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Cooking Method:[No Cook Chilled](#)

Cuisine:[American](#)

Courses:[Dessert](#)

Difficulty: **Beginner**

Prep time: **10 minutes**

Cook time: **3 minutes**

Chill time: **4 minutes**

Total time: **4 minutes**

Servings: **7 servings**

Calories: **kcal**

Best Season: Summer

Description

Seafoam salad is a sweet, fluffy dessert made with lime Jello, pineapple,

pears, and marshmallows. Serve it chilled for a colorful, nostalgic treat.

See also Tater Tot Casserole Recipe

Ingredients

- 15 ounces canned pear halves in juice ((drained but reserve the juice))
- 3 ounces lime flavored gelatin
- 6 ounces cream cheese ((softened to room temperature))
- 1 ½ tablespoons heavy cream ((room temperature))
- 1 cup reserved pear juice ((or add water to make 1 cup if needed))
- ¾ cup cold heavy cream

==== Garnish ===

- Thawed whipped topping
- Maraschino cherries

Instructions

1. Measure 1 cup of the reserved pear juice. (If it doesn't measure 1 cup, add enough water to make 1 cup)
2. In a small saucepan over medium-high heat, bring the full 1 cup of liquid (reserved pear juice + water if needed) to a low boil.
3. Stir the lime flavored gelatin into the hot juice until completely dissolved. Set the bowl aside for about 5 minutes to cool.
4. Using a medium size mixing bowl and handheld mixer on medium high speed, beat together the room temperature cream cheese and 1 ½ tablespoon heavy cream until completely smooth.
5. Lower the mixer speed to low and slowly drizzle the gelatin into the

cream cheese mixture. Cover and chill in the refrigerator for 30 minutes, or until the mixture slightly thickens but is not fully set.

6. Mash the pears with a fork, potato masher or ricer. Set it aside.
7. Add the cold heavy cream to a small mixing bowl and beat on medium high speed until stiff peaks form. (Stiff peaks are formed when the cream holds its shape and stands straight up when held upside down)
8. Fold the mashed pears into the whipped cream. (Folding ingredients means to use a spoon or spatula to gently lift and fold something heavier into a lighter without deflating)
9. Remove the cream cheese and gelatin from the refrigerator and fold the mashed pears and whipped cream into the cream cheese and gelatin mixture.
10. Lightly spray a gelatin mold or bundt pan with non-stick cooking spray and spoon the gelatin mixture into the mold. (I used an 8 inch silicone gelatin mold) Cover tightly with plastic wrap and chill in the refrigerator for 4 hours to overnight.
11. Just before you are ready to serve, carefully run warm water around the outside of the mold for a 5 – 10 seconds before placing a plate over the top of the mold and quickly flip it over. You can tap the outside of the mold to encourage the gelatin to release. You can top the sea foam salad with small dollops of thawed whipped topping and maraschino cherries.

Keywords: Seafoam Salad, Gelatin, Dessert, Vintage