

WINTER FRUIT SALAD WITH LEMON POPPY SEED DRESSING

DRESSING

- 1/4 cup sugar
- 1/3 cup lemon juice
- 2 teaspoons finely chopped onion (I used dry minced onions)
- 1 teaspoon Dijon mustard
- 1/2 teaspoon salt
- 2/3 cup oil
- 1 tablespoon poppy seeds

SALAD

- 1 large head romaine lettuce, torn into bite size pieces (about 10 cups)
- 4 oz. (1 cup) shredded Swiss cheese
- 1 cup cashews (I use pecans or whatever)
- 1/4 cup sweetened dried cranberries
- 1 apple, cubed
- 1 pear, cubed

In blender container or food processor bowl with metal blade, combine sugar, lemon juice, onion, mustard, and salt. Cover; process until blended. With machine running, add oil in slow steady stream, processing until thick and smooth. Add poppy seeds; process a few seconds to mix.

In large serving bowl, combine salad ingredients; toss to mix. Pour dressing over salad; toss to coat.

BON APPETIT!!

Notes:

Swiss cheese can be omitted for non-cheese eaters.

In summer, I substitute strawberries, blueberries, mandarin oranges, mango, etc.

I usually pare the pear, skin can be bitter.