

Bouquets of Spring Salad

Ingredients

Dressing

1/2 cup red wine vinegar
1/3 cup sugar, or more to taste
2 tbsp fresh lemon juice
2 tbsp sweet white onion, chopped
1/2 tsp salt
2/3 cup vegetable oil
203 tbsp poppy seeds, optional



Salad

6 cup romaine lettuce
1 pear, diced
1 apple, diced
1 cup swiss cheese, grated
1/4 cup dried cranberries
1/4 cup dried apricots, diced
1 cup cashews, toasted

Direction

Mix all dressing ingredients, except the poppy seeds, in a food processor or blender. Blend until dressing is creamy and smooth. Quickly mix in poppy seeds. If planning to keep the remaining dressing for a few days, don't add the poppy seeds to the mixture that is to be refrigerated.

Rinse and dry romaine lettuce leaves and place in salad bowl. Add other ingredients. Pour some of the dressing on and toss just before serving.

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