

FESTIVE TOSSED SALAD

Yield: 10 servings

Dressing ingredients:

1/3 c. vegetable oil (olive oil or other)
2 1/2 Tbsp. cider vinegar
1 Tbsp. lemon juice (fresh or bottled)
1 Tbsp. finely chopped onion
1/4 c. sugar (OR 6 packets of artificial sweetener)
1/4 tsp. salt
1 tsp. poppy seeds

Blend dressing ingredients (except poppy seeds) in blender or small food processor for one minute. Stir in poppy seeds.

Dressing may be made ahead and refrigerated for up to two weeks.

Salad ingredients:

10 c. torn romaine lettuce (one medium head)
1 medium apple, cored and chopped
1 medium pear, cored and chopped
1 c. (4 oz.) shredded or diced Swiss cheese
1/4 c. dried cranberries
1 c. chopped cashews

Directions:

Thoroughly wash and drain (spin dry or pat with paper towel) romaine lettuce. Tear or cut with very sharp knife into bite-size pieces. Place in large salad bowl (looks nice in glass).

Prepare apple and pear and coat with mixture of 1 tsp. lemon juice and water to retard browning.

Just before serving, combine romaine, apple, pear, and dressing; toss thoroughly. Add cheese and toss lightly. Sprinkle cranberries and cashews on top, or place in small serving bowls to add to individual salads.

Nutrition Information per serving:

1/10 of recipe is slightly more than 1 cup of salad with slightly more than 1 Tbsp. dressing.

Calories 385; Fat 16g; Protein 3g

Source: Penn State Cooperative Extension, Berks County

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