



## **FESTIVE TOSSED SALAD**

(Yield: 10 servings)

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

### **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

### **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

### **Method:**

1. Dressing may be made ahead and refrigerated for up to two weeks.
2. 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).
3. Prepare apple and pear and coat with mixture of 1 tsp. lemon juice and water to retard browning.
4. 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:**

- One-tenth of recipe is slightly more than 1 cup of salad with slightly more than 1 Tbsp. dressing.
- The salad provides 301 calories, 9 grams fat; the dressing provides 84 calories, 7 grams fat.
- Combined, a serving provides a total of 385 calories, 16 grams fat.
- The Swiss cheese and cashews together provide 3 grams protein per serving.
- Substituting artificial sweetener for the sugar saves 19 calories per serving.
- Using only half the amount of cashews saves 75 calories and 7 grams fat, but also reduces protein by 2 grams.

Source: Penn State Cooperative Extension, Berks County

University of Arkansas, United States Department of Agriculture, County Governments Cooperating

The Arkansas Cooperative Extension Service offers its Programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.