

Winter Fruit Salad (serves 10)

Dressing: we use Brianna's Poppy seed dressing from Hy-Vee. Consider adding One or two Tbsp. of fresh lemon or orange juice.

Optional dressing:

- 1/2 cup sugar
- 1/3 cup lemon juice
- 2 Tbsp. finely chopped onion or shallot
- 1/2 tsp. salt
- 2/3 cup oil
- 1 Tbsp. poppy seeds

Salad:

- @ 10 cups chopped romaine, about 1 large head or 1 bag.
- 1 cup shredded Swiss cheese (@4 oz.)
- 1 cup cashews
- 1/4 cup sweetened dried cranberries*
- 1 apple, cubed
- 1 pear,

Method: In blender , combine all dressing ingredients EXCEPT poppy seeds and oil. Blend together and slowly add oil until thick and smooth. Stir-in poppy seeds.

Combine all ingredients or assemble on salad plates and add dressing.

* add cranberries to dressing and soak to soften an hour or so before finishing.