

Delicious Greens with Poppy Seed Dressing

Your choice of greens either spinach or baby mixed green
Granny smith apple peeled and cubed
Toasted pecans or slivered almonds
Swiss Emmenthal cheese cubed

*can also add strawberries with the spinach salad
or fresh Saskatoon berries are delicious too!

All the above ingredients are added according to your taste and desired salad size

Dressing

1/2 c sugar
1/3 c fresh lemon juice (bottled is fine)
2 tsp red onion finely chopped
1 tsp dry mustard
1/2 tsp salt
2/3 c oil
1 Tbsp poppy seed

Mix dressing in a jar, make ahead and refrigerate to let the flavors meld together.
Pour dressing over salad just before serving, toss well.....very delicious.

This dressing will keep in the refrigerator for a couple of weeks.