

## Winter Fruit Salad with Lemon Poppy Seed Dressing – Kathy Laur & Marilyn Curtit

12 1-cup servings

### **Dressing**

¼ cup sugar

1/3 cup lemon juice

2 teaspoons finely chopped onion

1 teaspoon Dijon mustard

½ teaspoon salt

2/3 cup oil

1 tablespoon poppy seed

### **Salad**

1 large head romaine lettuce, torn into bite sized pieces (about 10 cups)

4 oz. (1 cup) shredded Swiss cheese

1 cup cashews

¼ cup sweetened dried cranberries

1 apple, cubed

1 pear, cubed

In blender container or food processor bowl with metal blade, combine sugar, lemon juice, onion, mustard and salt.

Cover and process until blended

With machine running, add oil in slow steady stream, processing until thick and smooth.

Add poppy seed, process a few

In large serving bowl, combine all salad ingredients; toss to mix. Pour dressing over.

### **Kitchen Tips**

Although a blender or food processor is quickest, you also can make the dressing by hand. Using a wire whisk, blend the sugar, lemon juice, onion, mustard and salt for a few minutes. To keep the bowl from sliding while you're pouring the oil with one hand and whisking it in the other, set the bowl on a damp cloth. After the oil is combined, whisk in the poppy seed.