

Winter Fruit Salad With Lemon-Poppy Seed Dressing

Wonderful salad for Winter using the seasonal fruits and vegetables. Great to serve for dinner or to take to a family gathering for holidays.

Ingredients:

- ½ cup white sugar
- ½ cup lemon juice
- 2 teaspoons diced onion
- 1 teaspoon Dijon-style prepared mustard
- ½ teaspoon salt
- 2/3 cup vegetable oil
- 1 tablespoon poppy seeds
- 1 head romaine lettuce, torn into bite-size pieces
- 4 ounces shredded Swiss cheese
- 1 cup cashews
- ¼ cup dried cranberries
- 1 apple-peeled, cored and diced
- 1 pears – peeled, cored and diced



<http://allrecipes.com/recipe/9237/winter-fruit-salad-with-lemon-poppyseed-dressing/>

Directions:

1. In a blender or food processor, combine sugar, lemon juice, onion, mustard, and salt. Process until well blended. With machine still running add oil in a slow steady stream until mixture is thick and smooth. Add poppy seeds and process just a few seconds more to mix.
2. In a large serving bowl combine the romaine lettuce, shredded Swiss cheese, cashews, dried cranberries, cubed apple and cubed pear. Toss to mix then pour dressing over salad just before serving and toss to coat. Enjoy!

Nutrition

Amount per serving (12 total)

Calories:	277 kcal	<div style="width: 14%;"></div>	14%
Fat:	20.6 g	<div style="width: 32%;"></div>	32%
Carbs:	21g	<div style="width: 7%;"></div>	7%
Protein:	4.9 g	<div style="width: 10%;"></div>	10%
Cholesterol:	9 mg	<div style="width: 3%;"></div>	3%
Sodium:	201 mg	<div style="width: 8%;"></div>	8%

Based on a 2,000 calorie diet

Note: If you want to cut the apple and pear ahead of time, just toss it w/ a little of the dressing to prevent browning. Keep it in a separate container and add at the last minute.