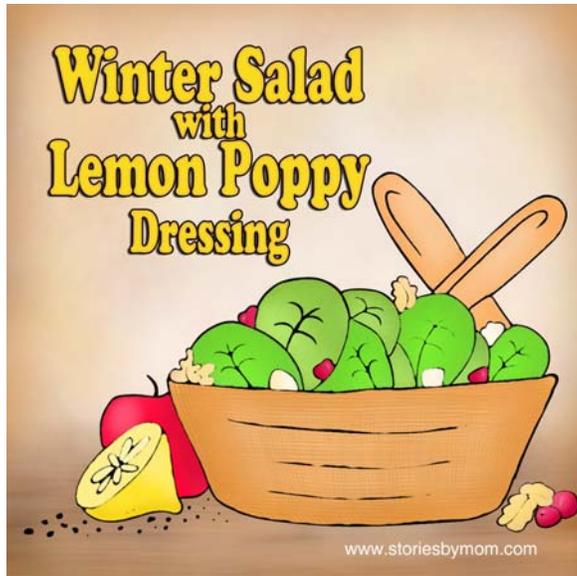


Lemon Poppy Seed and Winter Salad



I love lemons. I eat them straight up with salt. Don't judge. I also live in Arizona. It is one of our 5-C's (Copper, Climate, Cotton, Cattle, and Citrus.) Usually around this time of year, I have a neighbor begging me to take their fruit. And since lemons are .89 each at the store, I am happy to accept. I (or I make my husband) spend hours juicing and save in the freezer. I have a ton of awesome lemon recipes.

This one is a favorite; albeit, if you are trying to stay away from sugar, you best stick to a salad with vinegar and oil. You can use a low-calories substitute but sometimes there is an off-flavor. I love the tart of lemon, the sweet crunch of apples or pears, and the nutty walnuts or pecans. See how many different ways you can mix it up! So yummy.

Lemon Poppy Seed Dressing

1/2 cup white sugar
1/2 cup lemon juice
2 teaspoons grated onion
1 teaspoon Dijon-style prepared mustard
1/2 teaspoon salt
2/3 cup vegetable oil
1 tablespoon poppy seeds

- 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.

Winter Salad

1 Head Romaine Lettuce, torn into pieces
1 cup chopped walnuts
2 apples chopped
1/4 dried cranberries

- In a large serving bowl, toss together the romaine lettuce, walnuts, dried cranberries, apple, and pear. Pour dressing over salad just before serving, and toss to coat.

Suggested Schedule

Wednesday	1:00 PM	Prepare Lemon Poppy Dressing, refrigerate for tomorrow
Thursday	11:45 AM	Prepare salad veggies keep cool and serve