



AUTUMN GLOW SALAD

1 Bunch Romaine Lettuce, cleaned and torn
1/4 c Craisins
1 c cashews
1 c shredded Swiss cheese
1 apple, diced
1 pear, peeled and diced
1/4 c diced red onion

Dressing:
1 c sugar
1/3 c lemon juice
2/3 c salad oil
1/2 tsp. salt
1 tsp. Dijon mustard
1 Tbsp. poppy seeds

Mix sugar, lemon juice, salt and mustard in blender or stir very well until combined. Add oil gradually. Mix in poppy seeds. Pour over salad and toss. Enjoy!

Recipe from Karen at Grandma's Gardens