

## **Dana Herrman's Salad and Poppy Seed Dressing**

### **Mix:**

**2lbs. fresh spinach plus 5 oz. mixed greens**

**1 qt. strawberries, sliced**

**2 oz. sliced almonds**

**2 ¼ oz. slivered almonds**

### **Poppy Seed Dressing - blend the following:**

**½ cup sugar**

**¼ cup apple cider vinegar**

**1½ tsp. onion chopped**

**¼ tsp. paprika**

**¼ tsp. Worcestershire sauce**

**¼ cup parsley chopped (optional)**

**Add gradually**

**½ cup canola oil**

**1 T. poppy seeds**

**Yield: 1 cup of dressing**