

## **Strawberry Salad with Poppy Seed Dressing**

This is our favorite spring salad! We will add fresh berries that are in season and in fall we will replace the berries with tart apples.

Replacing storebought condiments is one of the easiest ways to eliminate flavor enhancers and seed oils in my family's diet. This poppy seed dressing is creamy without dairy!

### **Salad:**

Toss together desired amounts of:

**Spring mix lettuce**  
**Chopped purple onion**  
**Sliced or diced strawberries**  
**Chopped pecans**  
**Feta cheese**

### **Poppy seed dressing:**

Yield 1 cups

Blend (I use an immersion blender)

**½ cup olive oil**  
**3 T. White vinegar**  
**1 tsp. mustard**  
**¼ cup chopped onion**  
**1/3 cup sugar**  
**½ tsp. salt**  
Stir in  
**½ tsp. poppy seed**

## INGREDIENTS

**Spring Mix lettuce**

**Purple onion**

**Strawberries**

**Pecans**

**Feta cheese**

### **Dressing:**

**½ cup olive oil**

**3T. white vinegar**

**1 tsp. Mustard**

**¼ cup chopped onion**

**1/3 cup sugar**

**½ tsp. salt**

**½ tsp. poppy seed**

