

## Printable Format

To print this page, use your browser's "print" button. Then click "back" to return to the site.



## RACKS Recipes: Salads

---

### Summer Salad

Romaine lettuce  
Iceberg lettuce  
Baby Spinach  
Parsley sprigs  
Celery, chopped  
Red Onions thinly sliced  
Mandarin oranges  
Strawberries  
Walnuts or almonds (toasted)

**DRESSING:**

3/4 c. sugar  
1 tsp. dry mustard  
1 tsp. salt  
1/3 c. wine vinegar  
1 c. salad oil  
1 tsp. poppy seed

Tear lettuce into bite-sized pieces. Toss ingredients and chill.  
Pour dressing over tossed salad just before serving.

Dressing: Combine sugar, mustard, salt and vinegar.

Add oil slowly, beating constantly with electric or rotary beater.

Stir in poppy seeds last.