

## SUMMER GOOD EATS

### Berry Poppy Seed Salad

From: Lynn Theder



## Berry-Poppy Seed Salad

---

**3 tablespoons salad oil**  
**3 tablespoons honey**  
**1 tablespoon vinegar**  
**1 teaspoon poppy seed**  
**½ teaspoon prepared mustard**

● For dressing, in a small bowl combine salad oil, honey, vinegar, poppy seed, and mustard. Mix well.

---

**4 cups torn Bibb or Boston lettuce**  
**2 cups sliced strawberries or strawberries and blueberries**  
**1 small onion, thinly sliced and separated into rings**

● In a large salad bowl combine lettuce, berries, and onion. Toss with dressing. Makes 4 servings.

Nutrition information per serving: 188 calories, 1 g protein, 24 g carbohydrate, 11g fat, 0 mg cholesterol, 12 mg sodium, 316 mg potassium.