



## **Cranberry Pear Salad**

1 head of romaine lettuce, chopped

1 pear or can of pears, cubed

1 apple, cubed

½ cup raisins

1 cup of shredded Swiss cheese or crumbled bleu cheese

1 cup pecans, chopped (I toast them)

Layer ingredients in order given. You can also add chicken or turkey chunks to this salad, if desired.

## **Poppy Seed Dressing**

1 cup olive oil

1 cup apple cider vinegar

½ cup sugar or ¼ cup honey

½ teaspoon dry mustard

1 Tablespoon poppy seeds

1 teaspoon salt

Mix ingredients in a jar and shake. Note: This makes quite a bit of dressing, so I usually cut the recipe in half.

Recipe courtesy of Lori Bayne, MACC's Customer Master Product Manager.