

## **ROMAINE SALAD (GLUTEN FREE)**

- 1 large bunch romaine lettuce (1 big bag)
- 1 or 2 Granny Smith apples, cubed or sliced
- 4-8 oz. Swiss cheese, shredded
- 8 oz. cashews
- 1/2 C. (or more) dried cranberries or pomegranate seeds or fresh strawberries

DRESSING (makes more than you will need):

3/4 C. sugar

- 1/3 C. white wine vinegar (red will work)
- 1 tsp. dry mustard
- 1 1/2 T. grated onion
- 1 tsp. salt
- 1 C. olive oil
- 2 T. poppy seeds

## **Nutrition Facts**

Serving Size (145g) Servings Per Container

Amount Per Sei	rving		
Calories 320	0 Calor	ies from	Fat 190
		% Da	aily Value*
Total Fat 21		32%	
Saturated Fat 7g 35%			
Trans Fat	0g		
Cholesterol 25mg			8%
Sodium 30mg			1%
Total Carbohydrate 23g 8%			
Dietary Fiber 3g			12%
Sugars 13	Ba		
Protein 13q	0		
Vitamin A 70	% · `	Vitamin (	C 10%
Calcium 25%	6 •	lron 15%	
*Percent Daily Va diet. Your daily va depending on yo	alues may b	e higher or l	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber	Less than Less than Less than Less than ate	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g
Calories per grar Fat 9 • 0	n: Carbohydrate	e 4 • Prote	ein 4

Combine all ingredients, mixing well. Dress with homemade poppy seed dressing.

NUTRITION FACTS: Serving size: 8 servings