Honey Salad Dressing

- 1 1/4 cups fat-free mayonnaise
- 1/3 cup honey
- 1 tablespoon vinegar
- 2/3 cup vegetable oil
- 1 teaspoon onion flakes
- 2 tablespoons chopped fresh parsley
- 2 tablespoons prepared mustard

In a 3-quart bowl whisk together all ingredients until blended. Transfer dressing into a 1-quart jar with a lid. Cover and refrigerate until ready to serve.

Makes 2-1/2 cups

Green Salad with Strawberries

- 4 cups fresh baby spinach, rinsed and dried
- 4 cups iceberg lettuce, rinsed, dried and torn
- 2 cups fresh strawberries, rinsed and sliced
- ¼ cup rinsed and chopped red onion
- 1-quart jar honey salad dressing

Combine 4 cups rinsed and dried baby spinach, 4 cups rinsed, dried and torn iceberg lettuce, 2 cups fresh strawberries rinsed and sliced,1/4 cup red onion, rinsed and chopped in a 5-quart salad bowl. Toss together all ingredients until blended. Divide salad among six serving plates; drizzle with dressing.

Yield: 4-6 servings

Collyn Grammer
Fruit and Vegetables
Shelby County
Junior Division