

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Summer Salad

This salad was passed on to us from a family member, and it is one of our favorites. The dressing calls for Italian dressing mix. I prefer to use Penzey's brand, which you can order online at www.penzeys.com, or visit their store on Manchester Rd. If you buy an Italian dressing mix from the store, make sure to get one without MSG. I don't give many specific quantities-just make it to taste and enjoy!

Spinach or Romaine lettuce
1 large can mandarin oranges (look for one without corn syrup)
Sliced strawberries
Chopped green onion
Walnut pieces or slivered almonds
Feta cheese

1. Combine the above ingredients in a large bowl and toss.

Dressing:

3 Tbsp Italian Dressing mix (see note above)
½ cup canola oil, grapeseed oil OR olive oil
½ cup red OR white wine vinegar
½ cup raw honey

1. Combine ingredients in a glass jar with a lid and shake to combine (or whisk together in a glass measuring cup).
2. Pour over salad and toss.