

Kelcey's mom's salad and dressing

The salad measurements can be adjusted to your personal preference. This is a wonderful combination of flavors, textures and color. The dressing is great on any salad.

Dressing

- 3/4 tsp. onion powder
- 3/4 tsp. garlic powder
- Fresh ground pepper
- 1/2 tsp. salt
- 3 tsp. of Splenda or sugar
- 1/2 tsp. of dried dill
- 1 Tbsp. of Dijon Mustard
- 1/4 cup of red wine vinegar
- 3/4 cup extra virgin olive oil
- 2 Tbsp. of water

Salad

- Fresh spring greens
- Grape tomatoes – 1/2 pt.
- Sunflower seeds – 2 Tbsp.
- Diced Cucumber – 1/2 of a large cucumber
- Dried cranberries – 2 Tbsp.
- Chopped green onions – 2 Tbsp.
- Fresh grated parmesan cheese – 1/4 cup

Add the dressing ingredients to a shaker and shake until mixed well. Serve dressing over salad ingredients adding lots of parmesan cheese. Serves 4.