



STRAWBERRY POPPY SEED SALAD



INGREDIENTS

- 1/4 cup sugar
- 1/3 cup slivered almonds
- 1 bunch romaine, torn (about 8 cups)
- 1 small onion, halved and thinly sliced
- 2 cups halved fresh strawberries

DRESSING

- 1/4 cup mayonnaise
- 2 tablespoons sugar
- 1 tablespoon sour cream
- 1 tablespoon 2% milk
- 2-1/4 teaspoons cider vinegar
- 1-1/2 teaspoons poppy seeds



DIRECTIONS

Step 1: Make the candied almonds

Place the sugar in a small, heavy skillet. Cook and stir over medium-low heat until the sugar melts and becomes caramel colored, about 10 minutes. Add the almonds and stir until well-coated. Spread on foil and leave to cool.

Step 2: Prep the salad and the dressing

Place the lettuce, onion and strawberries in a large bowl. In a small bowl, whisk the mayonnaise, sugar, sour cream, milk, apple cider vinegar and poppy seeds to combine.

Break candied almonds into pieces; sprinkle over salad. Serve immediately.

