

Summer Lemony Green Salad

Carolyn T's
Cookbook

Servings: 10

Author: Supposedly a Soup Plantation recipe, served only in the summer months.



Notes: The spring mix of lettuces is a very tender combination and the dressing tends to wilt the lettuce quickly. So serve the salad as soon as you toss it. It helps if you add some head lettuce or Romaine, but that likely changes its complexion a bit - not the Soup Plantation's recipe.

Description: A copycat recipe purportedly from the Soup Plantation

1. In a bowl combine the dressing ingredients and whisk (wire whisk) until completely mixed. Refrigerate until ready to serve.
2. In a large salad bowl combine the lettuces and crumbled cheese, then pour on some dressing. Sprinkle the pecans on top. Don't add too much dressing - try less and taste as you go. Serve immediately!

8 cups lettuce leaves, fancy spring mix, or a mixture

1/2 cup pecans, "peppered pecans"

1/2 cup Gorgonzola cheese, crumbled, or blue cheese

1/4 cup dried cranberries

SUMMER LEMONADE DRESSING:

1 1/2 cups mayonnaise

1 cup lemonade, frozen concentrate, thawed

1 tablespoon Dijon mustard

1 tablespoon sugar

Serving Ideas: The calorie count is way off here because you don't use all of the dressing on this salad. You'll likely use about half of it.

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

Per Serving (excluding unknown items): 379 Calories; 36g Fat (79.1% calories from fat); 4g Protein; 17g Carbohydrate; 1g Dietary Fiber; 22mg Cholesterol; 376mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 3 1/2 Fat; 1 Other Carbohydrates.

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