

Toss the tastes of summer into your salad

By Sue Hunt

This is a refreshing salad for any season, but it's best at this time of year when strawberries are fresh and plentiful. Of course, you can substitute any seasonal

berry or fruit; I have even used pineapple with great results. A Pelee Island Winery 2005 Pinot Noir, with its red and black fruit aromas, is a perfect pairing. Enjoy!

Summer strawberry salad

Recipe: Sue Hunt Photo: Marty Hunt

Dressing

- ½ cup sugar
- 2 Tbsp sesame seeds
- 1 Tbsp poppy seeds
- ½ tsp minced onion
- ½ cup extra virgin olive oil
- ¼ cup red wine vinegar
- ½ tsp Worcestershire sauce

Salad

- 1 med head of Romaine lettuce torn in bite size pieces (or equivalent amount of spinach)
- 1½ to 2 cups sliced strawberries (or other seasonal berry or fruit)
- ¼ to ½ cup sliced almonds

Directions

- Prepare the dressing by mixing the dry ingredients and wet ingredients separately then slowly whisking the liquid into the dry mixture until well blended.
- Gently toss the greens with the berries and almonds.
- Pour the room temperature dressing over the salad just before serving. (Serves 4)

