

# Herbal Legacy Recipes

## NOT THE ART CITY TROLLEY SALAD

Adapted from a recipe submitted by Amy J.

### Salad:

- 1/2 head romaine lettuce -washed and torn into bite size pieces
- 3-4 cups spinach- washed
- 1/2 cup red onion-thinly slice
- 1/4 cup gently roasted pecans or almond pieces
- 1/4 cup crumbled basic nut cheese

### Dressing:

- 1/4 tsp. onion salt
- 1/3 tsp dry mustard
- 3/4 cup extra virgin olive oil
- 3/4 tsp. salt
- 3/4 Tbs. poppy seeds
- 1/2 cup apple cider vinegar
- 1/2 cup honey



### DIRECTIONS:

1. Put in a mason jar and shake until well blended
2. Put salad ingredients in a bowl; serve with dressing on the side.

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