

I saw Paula Balistreri last week, and she told me about a recipe that was given to her by a friend she has known since they were both three years old. Paula has given me several good recipes for my column, and I asked her if she would share her friend's recipe with us, and in just a few days after our conversation, I received the recipe in the mail. This is a wonderful recipe that will make these hot, summer days a little easier to bare.

SUMMER SALAD

Toss together:

- 1 medium to large head of lettuce (feel free to mix in any kind of lettuce or spinach)
- 2 cups chopped cashews
- 1 lb bacon cooked and crumbled
- 2 cups green grapes cut in halves (strawberries would work too, but grapes are perfect!!-something different)
- 8 oz shredded Swiss cheese

Dressing:

- 2/3 cup oil
- 1/2 teaspoon garlic powder
- 1/3 cup sugar
- 1/3 cup white vinegar
- 1 Tablespoon poppy seeds
- 1 teaspoon dry mustard

Mix dressing and toss with salad just before serving, or let people add it themselves at the table. Serves 6 -8.

HELPFUL HINTS: I think I will make this with grapes, strawberries and blueberries – very colorful and very healthy.

Thanks Paula, for sharing this with all the readers. Denny can't wait for me to make this because Poppy Seed dressing is his 2nd favorite (Blue cheese with crumbles is 1st).

Food for Thought: Anytime the going seems easy, better check and see if you are going downhill. (Author Unknown)

Pray for Peace!