

# Strawberry Poppyseed Salad Submitted by Heather Reardon



6 cups romaine lettuce, chopped  
1 cup sliced strawberries  
1 cup fresh blueberries  
1 cup mandarin oranges  
1 cup pineapple chunks  
½ cup pecans

## Dressing

½ cup light mayonnaise  
¼ cup skim milk  
¼ cup sugar or sugar substitute  
1/8 cup white vinegar  
1 tablespoon poppy seeds

- **1** Toss salad ingredients together in a bowl.
- **2** Whisk dressing ingredients together in a separate bowl.
- **3** Drizzle desired amount of dressing over salad and serve.