



# UNUSUAL LETTUCE SALAD

From the kitchen of Mom Dudley

## Ingredients:

Mixture of cut lettuce:

Romaine-Spinach-Red Leaf, etc.

Fresh fruits in season, sliced or drained can  
fruit

Tropical fruit-Pineapple Chunks-Mandarin

Oranges-Bananas-Raisins, etc.

Sprinkle w/Crumbled Blue Cheese

## Directions:

(I keep wedges of blue cheese in freezer it  
crumbles real easy this way.)

Sprinkle also the following:

Sunflower Seeds-Dry Roasted Nuts w/Salt-  
Trail Mix

Serve with Poppy Seed Dressing.

Never the same 2x. Mix whatever suits your  
fancy! Great for big crowds also. If crowds, mix  
everything together, otherwise I let people  
serve their own seeds, cheese and dressing.