SPINACH AND APPLE SALAD WITH MAPLE DRESSING

Contributed by Noreen

Noreen says.. Denny and I joined the darveshes on a trip to Cape Breton(the year young John Kennedy crashed into the Atlantic). We ate at a nice restaurant in Sydney (in Cape Breton that is) where they served this salad.After much coaxing the chef gave us the recipe with the fabulous maple syrup and Hellmans dressing….

1 pckg. spinach
1 Granny Smith apple
1/4 cup grated Cheddar Cheese
1/4 cup grated Mozzarella Cheese
1/4 cup bacon bits 1/4 cup fresh parsley chopped
1/2 cup Hellman's Mayonaise
3 or 4+ tbsp. maple syrup or to taste
From dinner at "Joe's Emporium and Warehouse" in Sydney, N.S.

Wash spinach and remove tough stems. Pat dry with paper towels.Rip spinach into bite-size pieces.
Core apples and cut the apples into1/2" square cubes or a little smaller, leaving green skin on.
For the dressing, combine the mayo. with maple syrup and stir to blend well.
Just before serving, place spinach, apples,cheeses, bacon bits and parsley in a salad bowl. Toss with dressing at the last minute and serve.

POPPY SEED DRESSING-

from Mary Beth Guarneau
contributed by Noreen

1/4 cup honey
1/4 cup cider vinegar or regular vinegar
2 tbsp prepared mustard
2 tbsp poppy seeds
4 tbsp grated onion (optional)
1/4 tsp salt
2/3 cup vegetable oil

Shake together and pour over salad greens.