Strawberry Salad with Poppy Seed Dressing Recipe  
Ingredients  
1/4 cup sugar  
1/3 cup slivered almonds  
1 bunch romaine, torn (about 8 cups)  
1 small onion, halved and thinly sliced  
2 cups halved fresh strawberries  
  
DRESSING:  
1/4 cup mayonnaise  
2 tablespoons sugar  
1 tablespoon sour cream  
1 tablespoon 2% milk  
2-1/4 teaspoons cider vinegar  
1-1/2 teaspoons poppy seeds  
  
Directions  
Place sugar in a small heavy skillet; cook and stir over medium-low heat until melted and caramel colored, about 10 minutes. Stir in almonds until coated. Spread on foil to cool.  
Place romaine, onion and strawberries in a large bowl. Whisk together dressing ingredients; toss with salad. Break candied almonds into pieces; sprinkle over salad. Serve immediately. Yield: 10 servings.  
  
Health Tip: Turn this potluck salad into something heartier. Grill 2 pounds boneless skinless chicken breasts, slice and add to the salad for 10 main dish servings.