

Strawberry Salad with Poppy Seed Dressing

3 tablespoons sugar
3 table spoons light mayonnaise
2 tablespoons fat-free milk
1 tablespoon poppy seeds
1 tablespoon white wine vinegar
10 oz mixed greens (mizuna, romaine, etc.)
1 cup sliced strawberries
2 tablespoons slivered almonds, toasted

Combine first 5 ingredients in a small bowl and whisk together.

Place lettuce in a large bowl, and toss with strawberries and almonds. Divide among 6 plates and drizzle with 1 tablespoon of dressing.

Yield: 6 servings
Source: Cooking Light