

GREEN SALAD WITH FRUIT

(Serves 100)

16 heads Romaine lettuce

3 red onions

25 cups colorful fresh fruit (i.e., grapes, watermelon, strawberries, oranges, etc.)

6 cups roasted sunflower seeds

DRESSING

8 cups vegetable oil

4 cups sugar

2 2/3 cups red wine vinegar

8 tsp. dry mustard

2 2/3 cup chopped onion

1 cup water

8 tsp. salt

In blender or food processor with metal blade, combine sugar, salt, mustard, vinegar and onion. Cover and blend until combined. With machine running, slowly add oil in a slow, steady stream blending until thick and smooth. Refrigerate until ready to serve.

Serving proportions are:

3/4 cups greens

1/4 cup fruit

1 T. sunflower seeds

2-3 onion rings

2-3 T. dressing

Serve dressing on the side.