

Salad Supreme

Recipe By *Faigy Grossman*



Cooking and Prep:  05
m

Serves:  6

No Allergens

Preference: Parve

Difficulty: Easy

Occasion: Shabbat, Purim

Diet: Vegetarian, Gluten Free,

Low Fat, Low Carb, Vegan

Source: Family Table by

Mishpacha Magazine

Sophisticated and savory! The wine in the dressing adds depth to the salad without the overpowering flavor of a balsamic vinaigrette.

Ingredients (12)

Salad

- 1 (16-oz.) package romaine lettuce, checked and chopped
- 1/2 small red onion, cut in thin half rings
- 1/2 red and yellow pepper, thinly sliced
- 1/4 cup roasted salted sunflower seeds

8-10 button mushrooms, sliced

3/4 cup alfalfa sprouts

Dressing

3 tablespoons brown sugar

2 teaspoons prepared mustard

2 tablespoons **Baron Herzog Chenin Blanc** or other white wine or champagne

1/4 cup vinegar (use gluten-free if needed)

3 tablespoons oil

1/2 teaspoon salt

Start Cooking

Salad

1. Combine all salad ingredients in a large bowl.

Dressing

1. In a separate container, blend together dressing ingredients.
2. Toss with salad immediately prior to serving.