

## Strawberry Praline Salad: Sweet, Crunchy & Refreshing Summer Side!

sweetness of fresh strawberries



**TIME**  
**10-15 min**

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### INGREDIENTS

For the Salad: 6 cups mixed salad greens (such as spring mix, romaine, or spinach)

2 cups fresh strawberries, hulled and sliced or halved

$\frac{1}{2}$  cup praline pecans, coarsely chopped (store-bought or homemade)

$\frac{1}{4}$  small red onion, thinly sliced (optional)

For the Poppy Seed Dressing:  $\frac{1}{2}$  cup mayonnaise

$\frac{1}{4}$  cup milk (whole milk or 2%)

2 tablespoons granulated sugar

2 tablespoons white vinegar or apple cider vinegar

1 tablespoon poppy seeds

$\frac{1}{8}$  teaspoon salt

$\frac{1}{8}$  teaspoon black pepper

### DIRECTIONS

1. Prepare the Salad Ingredients: Wash and dry the 6 cups mixed salad greens. Place them in a large salad bowl. Hull and slice or halve the 2 cups fresh strawberries. Add them to the salad bowl. Coarsely chop the  $\frac{1}{2}$  cup praline pecans. Add them to the salad bowl. If using, thinly slice the  $\frac{1}{4}$  small red onion and add it to the bowl.
2. Make the Poppy Seed Dressing: In a separate medium bowl, whisk together the  $\frac{1}{2}$  cup mayonnaise,  $\frac{1}{4}$  cup milk, 2 tablespoons granulated sugar, 2 tablespoons white vinegar or apple cider vinegar, 1 tablespoon poppy seeds,  $\frac{1}{8}$  teaspoon salt, and  $\frac{1}{8}$  teaspoon black pepper. Whisk until the dressing is smooth and well combined.
3. Dress and Toss the Salad: Just before serving, pour the prepared poppy seed dressing over the salad ingredients in the large bowl. Gently toss everything together until all the greens, strawberries, and pecans are evenly coated with the creamy dressing.
4. Serve Immediately: Serve your vibrant and delicious Strawberry Praline Salad immediately. Enjoy this delightful sweet, crunchy, and refreshing summer side!

### SWAPS & NOTES

Greens: Mixed salad greens provide a light base.

You can use any crisp lettuce like Romaine, or tender spinach or butter lettuce.

Strawberries: Use fresh, ripe, and sweet strawberries for the best flavor.

Ensure they're hulled and sliced or halved consistently.

## TIPS FOR SUCCESS

**Fresh, Ripe Strawberries:** The success of this salad hinges on using sweet, flavorful fresh strawberries.

**Crisp Greens:** Ensure your salad greens are very cold and crisp.

**Homemade Praline Pecans:** While store-bought is convenient, homemade praline pecans are easy and add incredible flavor and freshness.

**Add Dressing Just Before Serving:** To prevent the greens from wilting and the pecans from getting soggy, dress the salad right before serving.

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/strawberry-praline-salad-sweet-crunchy-refreshing-summer-side/>