

# Scott's Nutty Salad

## Ingredients:

- 1 head Romaine lettuce, torn into pieces (washed and dried)
- 1 head Red leaf lettuce, torn into pieces (washed and dried)
- 1 head Butter lettuce, torn into pieces (washed and dried)
- 2 cups Praline pecans (see recipe below)
- 8-10 oz Feta cheese, crumbled
- 1 jar Dressing (see below)
- 2 lbs. grilled chicken, shrimp or salmon, cubed (optional) \*
- 1 cup dried cranberries, raisins or cherries (optional)

## For Praline Pecans\*:

I use Kroger Praline Pecans. I haven't found any better than these, even homemade. They're amazing! If you can't find them, here are the ingredients and recipe.

- 2 cups pecans
- ½ stick butter
- 3-4 tbsp. brown sugar
- 1 tsp vanilla extract

**Directions for Praline Pecans:** Turn the stove on medium-high heat. Add pecans to hot skillet and roast for several minutes. Remember to stir or move the pecans around. Be careful and continually move them. Don't let them burn. Reduce heat to medium. Add butter and melt. Stir pecans and coat with butter. Add brown sugar and vanilla. Continually stir until the mixture thickens and turns into caramel. Pour pecans out onto wax paper and let cool completely. Once cool, chop pecans coarsely and set aside.

## Ingredients for Dressing\*:

- ½ cup olive oil
- ¼ cup honey
- ¼ cup Balsamic vinegar
- 2-3 tsp chopped garlic
- 1 tsp sugar (optional)
- 4-5 dashes salt
- 2-3 dashes pepper

**Directions for Dressing:** In a tall glass jar with a lid, combine all ingredients for dressing and shake well. **Remember to make sure the lid is tight.** Taste and add more honey or more vinegar if you like it sweeter or more acidic. Also adjust salt and pepper to taste. Once you finalize the dressing's taste for you, seal and put in refrigerator to let flavors blend.

**Directions for Salad Assembly:**

In a large salad bowl, add washed and dried lettuce, feta cheese and chopped pecans. If you have grilled chicken, shrimp, fish (salmon), you can add in at this point. If you want to add dried cranberries, cherries, raisins or other dried fruit, add at this point. Don't add salad dressing until ready to serve or let everyone add their own. I usually make double the amount of dressing so that everyone has plenty.

**Notes:**

I only use grilled chicken for a salad made for an entrée, not for just a salad. If you're having a big meal, just make the salad without any added protein.

Remember to not add dressing on salad until everyone is ready to eat salad. The dressing clings to the greens and wilts them fairly quickly.