

Cracker Jack Salad

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Adapted from a recipe by Lisa Brink at [Delicious Kitchen](#)

Ingredients for Salad:

- Baby spinach or mixed lettuce leaves
- Sliced white mushrooms
- Bean sprouts
- Sunflower seeds
- Fresh strawberries or dried cranberries or dried cherries
- Cracker Jack popcorn

Use as much or as little of each as you like. And if you want to add additional ingredients, that's fine too. It's a pretty easy-going salad.

Ingredients for Dressing:

- 1 cup canola oil
- 1 teaspoon crushed garlic
- 2 tablespoons peanut butter (creamy is best)
- 1/4 cup sugar
- 1 teaspoon smooth Dijon mustard
- 1/4 cup soy sauce
- 1/2 cup plain white vinegar
- Coarsely ground black pepper

Directions:

- Mix together all salad ingredients except popcorn. Eyeball the quantities and use as much or as little of the ingredients as appeals to you. This is a remarkably flexible recipe.

- Combine all salad dressing ingredients – except oil – in a blender or food processor. Blend for a minute or so until they are well mixed. Taste and add up to another tablespoon of sugar if necessary. (I reduced it quite a bit from the original recipe. Suit your own tastebuds.)
- With the machine running, slowly add the canola oil, pouring in a slow, steady trickle.
- Toss the salad with a few tablespoons of dressing (you'll have lots left over) and then top with the Cracker Jack popcorn.

Note: The extra dressing makes a very good sauce for chicken breasts, pork cutlets, noodles ... or another salad!