

Hearty Salad

Dressing

- * 1 carton plain yogurt
- * 1/3 cup crumbled blue cheese
- * 1 teaspoon sugar
- * 1/2 teaspoon salt
- * 1/2 teaspoon celery seed
- * 1/4 teaspoon basil

Salad

- * 4 cups torn Michigan lettuce
- * 2 cups fresh spinach
- * 1 cup sliced fresh mushrooms
- * 1 cup Michigan red onion rings

Combine yogurt, blue cheese, sugar, salt, celery seed and basil. Cover and chill. Combine salad ingredients. Cover and chill. Pour dressing over greens and toss to serve. Yields 4 servings.