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Irish Pub Salad

A tasty salad that helps bridge the gap from winter to spring, full of all kinds of “salad bar” type veggies and topped by bleu cheese and a bright, creamy dressing.

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Prep Time: 5 min **Cook Time:** 11 **Total Time:** 16
minutes

Yield: 4 servings

Category: Main Dish Salad

Cuisine: Irish



ingredients

Dressing:

- 1/2 cup regular or low-fat mayonnaise
- 2 tablespoons malt vinegar or white wine vinegar
- 1/2 teaspoon dried tarragon, more if desired
- pinch or two of mustard powder or 1/2 teaspoon Dijon
- 2 to 3 teaspoons water to thin to desired consistency
- salt & pepper to taste
- a pinch or two of sugar to taste, optional

Salad:

- 4 cups torn Boston or Bibb lettuce
- 4 cups selected salad bar type ingredients, mix or match (such as pickled beets, sliced cucumber, diced tomatoes, shredded carrots, chopped celery, shredded cabbage and sliced onions)
- 2 hard-boiled eggs, peeled, sliced
- 2 to 4 ounces cheddar and/or blue cheese, cut into wedges, or a little-crumbled bleu cheese

instructions

Dressing:

Combine mayonnaise, vinegar, tarragon and mustard powder (or Dijon) in a small bowl and whisk to blend. Whisk in enough water by teaspoonfuls to make dressing thin enough to pour. Season dressing to taste with salt and pepper. Add a pinch or two of sugar if desired.

Arrange lettuce on platter as the base of salad. Place salad bar ingredients over lettuce in an attractive pattern. Top with sliced or wedged hard-boiled eggs.

Drizzle dressing over salad. Place cheese wedges at ends of the platter or sprinkle with cheese and serve.

notes

Bibb lettuce, tomatoes, pickled beets, radishes, red onion are a beautiful combination.

nutrition

Calories: 443 Sugar: 6g Sodium: 443mg Fat: 37g Saturated Fat: 8g Unsaturated Fat: 19g
Carbohydrates: 10g Fiber: 3g Protein: 8g Cholesterol: 136mg

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