

Cucumber Blueberry Salad

What You'll Need

Vinaigrette

- › 1 ½ Tbsp extra virgin olive oil
- › 2 Tbsp white balsamic (or other) vinegar
- › 1 Tbsp lime juice, freshly squeezed or bottled
- › 1 tsp sugar
- › ¼ tsp salt
- › 1/8 tsp pepper

Salad

- › 1 cup fresh blueberries
- › 1 medium greenhouse-grown cucumber, cut into small chunks
- › 4 cups fresh arugula
- › ¼ medium red onion, thinly sliced
- › ¼ cup crumbled reduced-fat Feta cheese
- › 2 Tbsp coarsely chopped walnuts (toasted optional)
- › 4 slices whole grain bread



Directions

1. In a small bowl whisk together vinaigrette ingredients. In a large bowl mix together all salad ingredients, except bread. When ready to serve, add vinaigrette to salad and toss. Toast bread, then cut into four pieces.