

Cucumber Blueberry Salad



A quick, simple and refreshing salad featuring fresh blueberries and crisp cucumber chunks with feta cheese, arugula and a lime vinaigrette.

Timing

Prep time	Total time	Skill level
20 mins	20 mins	Easy

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.