



Let's cook something delish!

4 servings

Cucumber Blueberry Salad

Ingredients

Vinaigrette

- 1 1/2 tablespoons extra virgin olive oil
- 2 tablespoons white balsamic (or other vinegar)
- 1 tablespoon lime juice, freshly squeezed or bottled
- 1 teaspoon sugar
- 1/4 teaspoon salt
- 1/8 teaspoon pepper

Salad

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

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Directions

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

Find more delicious recipes at [hally.com/category/food-cooking](https://www.hally.com/category/food-cooking). Yum!

Nutrition facts: Calories: 212, Total fat: 10 g, Saturated fat: 3 g, Cholesterol: 8 mg, Sodium: 368 mg, Total Carbohydrate: 24 g, Fiber: 4 g, Total Sugars: 10 g, Protein: 7 g.

Source: <https://www.myplate.gov/recipes/myplate-cnpp/cucumber-blueberry-salad>

Photo may include foods and ingredients that aren't a part of this recipe or included in the nutrition analysis.