

Cucumber Blueberry Salad

Makes: 4 Servings

Prep time: 20 minutes

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

Ingredients

Vinaigrette

- 1 ½ tablespoons extra virgin olive oil
- 2 tablespoons white balsamic (or other) vinegar
- 1 tablespoon lime juice, freshly squeezed or bottled
- 1 teaspoon sugar
- ¼ teaspoon salt
- ⅛ teaspoon 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 tablespoons coarsely chopped walnuts (toasted optional)
- 4 slices whole grain bread

Directions

1. In a 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.

My Notes



Nutrition Information

Nutrients	Amount	MyPlate Food Groups
Calories	212	 Fruits 1/4 cup
Total Fat	10 g	 Vegetables 1 cup
Saturated Fat	3 g	 Grains 1 ounce
Cholesterol	8 mg	 Dairy 1/4 cup
Sodium	368 mg	
Total Carbohydrate	24 g	Visit ChooseMyPlate.gov
Dietary Fiber	4 g	
Total Sugars	10 g	
Added Sugars included	2 g	
Protein	7 g	
Vitamin D	0 mcg	
Calcium	143 mg	
Iron	1 mg	
Potassium	303 mg	
N/A - data is not available		

