

Cucumber Blueberry Salad

From the U.S. Department of Agriculture

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

Ingredients

Vinaigrette

- 1 ½ tablespoon 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
- 1/8 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

Instructions

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.

Makes 4 servings

Nutrition information per serving

Calories:	Dietary Fiber:
Total Fat: 10g	Sodium:
Saturated Fat:	Protein:
Cholesterol: 8mg	Carbohydrates: