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.