

Cucumber Blueberry Salad

A perfect summertime salad!

Makes 4 servings

Dressing:

- 1 1/2 tablespoons olive oil
- 2 tablespoons red wine vinegar (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 cucumber, cut into small chunks
- 4 cups fresh salad greens
- 1/4 medium red onion, thinly sliced
- 1/4 cup crumbled reduced-fat feta cheese
- 2 tablespoons coarsely chopped walnuts
- 4 slices whole grain bread



Instructions:

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