

# Cucumber Berry Salad

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

Makes: 4 servings  
Prep Time: 20 minutes

Source: Myplate.gov, recipe/ Cucumber Berry 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 (about 1 1/4 cup)
- 4 cups fresh arugula (or another leafy green)
- 1/4 medium red onion, thinly sliced (about 1/4 cup)
- 1/4 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.



Small Changes,  
BIG Difference!



## Nutrition Information

Serving Size: 1 1/2 Cups

Nutrients	Amount
Calories:	210
Total Fat:	10 g
Saturated Fat:	3 g
Cholesterol:	8 mg
Sodium:	368 mg
Total Carbohydrates:	24 g
Dietary Fiber:	4 g
Total Sugars:	10 g
Added Sugars:	2 g
Protein	4 g

## Utensils Needed

- Small Bowl
- Whisk or Fork
- Colander
- Cutting Board
- Small Knife
- Large Bowl
- Mixing Spoon

# SHOPPING LIST










Average total cost without oil and seasonings: \$13.31

Average cost/serving: \$3.33

Recipe makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

## Ingredients

<input type="checkbox"/>		Add 1 to Cart Whole Grain Bread 20 oz	<input type="checkbox"/>		Add 1 to Cart Fresh Red Onion
<input type="checkbox"/>		Add 1 to Cart Walnuts 8oz	<input type="checkbox"/>		Add 1 to Cart Green Leaf Lettuce
<input type="checkbox"/>		Add 1 to Cart Feta Cheese 5 oz	<input type="checkbox"/>		Add 1 to Cart Cucumber
<input type="checkbox"/>		Add 1 to Cart Fresh Blueberries 1 pint	<input type="checkbox"/>		Add 1 to Cart Bottled Lime Juice 4.5 fl. oz
<input type="checkbox"/>		Add 1 to Cart Apple Cider Vinegar 32 fl. oz			

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Storage Tips

- Refrigerate any leftovers within 2 hours.

### Cooking Tips

- Instead of arugula you can use any type of leafy green.
- With the leftover bread, try our fantastic fresh toast recipe on our [snapedny.org](http://snapedny.org) site!
- Cut onions can be stored in the refrigerator for up to 7-10 days & used in any salsa, soup, stew, or casserole!