

CUCUMBER



Blueberry Cucumber Salad

INGREDIENTS

- 3 cups of blueberries
- Juice of 2 limes
- 1 long cucumber
- 1 tablespoon olive oil
- 4 scallions
- ¼ teaspoon salt
- 4 ounces feta
- Black pepper
- 1 small bunch cilantro

PEAK SEASON

July – October

DIRECTIONS

- 1** Rinse blueberries, cucumber, scallions and cilantro.
- 2** Chop cucumber into ¼ inch pieces.
- 3** Coarsely chop the cilantro.
- 4** Thinly slice the scallions.
- 5** Crumble feta.
- 6** Add olive oil, lime juice, salt and black pepper to taste.
- 7** Mix ingredients together a large bowl.

Serves 6, individually or family style.

128 calories per serving, 7gm fat, 4gm protein, 16gm carbohydrate, 3gm fiber

Excellent source of Vitamin C

You can substitute blueberries for any type of fruit, like watermelon, peaches or apples!

*Recipe provided by
Henry Ford Health System
Generation with Promise*

