



Blueberry and Cucumber Salad (FODMAP-GERD)

Refreshing and crisp, use as a side dish or a condiment

<u>U.S.</u>		<u>Metric</u>
2 Tbsp	Pecans	28.4 g
2 each	Cucumber, thinly sliced	2 each
1/4 each	Onion, thin julienne	1/4 each
1 pint	Blueberries	340 g
1/2 tsp	Salt, Kosher	3 g
1/4 tsp	Black Pepper, ground	0.6 g
2 tsp	Sugar	4.1 g
1/4 cup	Cane Vinegar	59.2 mL
2 tsp	Pecan oil (or other nut oil)	10 mL
2 Tbsp	Mint, chiffonade (thin ribbons)	7.2 g
1 Tbsp	Basil, chiffonade (thin ribbons)	3.6 g
1/4 cup	Feta, crumbled	37.5 g

Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 350°F (180°C).
3. In the oven dry toast the pecans until lightly browned, about 5 minutes.
4. Combine the cucumber, onion, and blueberries in a medium sized bowl.
5. To the bowl add the salt, pepper, sugar, vinegar, pecan oil, mint, basil and feta and toasted pecans.
6. Combine and serve chilled.

Nutrition Facts**Serving size****1 cup****Servings****6****Calories**

120

Calories from Fat

70

Total Fat

7 g

Saturated Fat

2 g

Trans Fat

0 g

Monounsaturated Fat

0 g

Cholesterol

6 mg

Sodium

227 mg

Carbohydrates

13 g

Dietary Fiber

3 g

Sugars

8 g

Protein

3 g

Vitamin A

8 %

Calcium

2 %

Vitamin C

11 %

Iron

3 %

Phosphorus

0 mg