



Blueberry and Cucumber Salad

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 on Reverse**

Nutrition Facts**Serving size** **1 cup**
Servings **6****Calories** 120
Calories from Fat 70Total 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 gVitamin A 8 %
Calcium 2 %
Vitamin C 11 %
Iron 3 %
Phosphorus 0 mg
