



LOCAL FOOD OLYMPICS

Cucumber Blueberry Salad

Contributed by Sheryl Rose

Ingredients

Salad

4 cups sliced cucumbers
2 cups blueberries
½ to 1/3 cup white balsamic vinaigrette
3 tablespoons fresh mint leaves (use chiffonade method)
1 cup crumbled feta cheese
Salt and pepper to taste

White Balsamic Vinaigrette

¾ cup safflower oil (or canola)
¼ cup olive oil
½ cup white balsamic vinegar
1-2 tablespoons fresh lemon juice
2-3 garlic cloves, crushed very finely
1-2 teaspoons Italian spices, to taste
Salt and pepper, to taste

Optional:

¼ teaspoon dry or Dijon mustard
Dab of honey

Instructions

Peel and cut the cucumbers lengthwise into halves. Remove all the seeds with a spoon. Cut into quarters lengthwise if cucumbers are large. Then slice into small pieces, half moon shapes. (Short cut: use English seedless cucumbers)

In a bowl combine the cucumbers, blueberries, white wine vinaigrette, mint leaves, and feta. Then season to taste with salt and pepper. Refrigerate until ready to serve. Serve in a festive bowl and decorate with a piece of mint leaves on top.

Note: The extra Vinaigrette can be refrigerated and used as a salad dressing in the following few days.