

RECIPE | CUCUMBERS



CUCUMBER & BLUEBERRY SALAD



Follow us



pure-flavor.com



CUCUMBER & BLUEBERRY SALAD

INGREDIENTS

- 1.75 lb Pure Flavor® Uno Bites™ Nano Cucumbers
- 1 4-5 oz bag spring mix salad greens
- 1 heaping cup blueberries
- ½ cup mandarin orange segments
- 4 tbsp roasted unsalted sunflower seeds

Blueberry Balsamic Dressing:

- | | |
|-------------------------|----------------------|
| 1 cup blueberries | 2 tbsp Dijon mustard |
| ½ cup olive oil | 1 tbsp honey |
| ⅓ cup balsamic vinegar | 1 tsp salt |
| 2 tbsp red wine vinegar | ⅛ tsp black pepper |

DIRECTIONS

1. To make the dressing, combine all the dressing ingredients except for the olive oil in a blender. Blend until the blueberries are completely pureed, slowly incorporate the olive oil.
2. Combine cucumber, blueberries, and mixed salad greens. Toss with a drizzle or two of dressing. Add extra as desired.
3. Top with mandarin orange segments and sunflower seeds.



TOTAL TIME

15 minutes

PREP TIME

15 minutes

COOK TIME

0 minutes

SERVES

2

COOKING LEVEL

Easy