

RECIPE | CUCUMBERS

CUCUMBER & BLUEBERRY SALAD

GREDIENTS

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

1 tsp salt

⅓ cup balsamic vinegar2 tbsp red wine vinegar

1/8 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.

