

EASY recipe

Summer Salad with Blueberries

- 6 cups baby spinach
- 2 cups chopped red/purple cabbage
- 2 cups blueberries or other berries
- ¼ cup + 1 tbsp feta cheese, crumbled
- 2 tbsp apple cider vinegar
- 2 tbsp extra-virgin olive oil
- 1 tbsp chopped shallot



In a large serving bowl, combine spinach, cabbage and blueberries. **Using** a blender or small food processor, blend together ¼ cup feta, vinegar, oil and shallot. **Pour** dressing over salad and toss to coat. **Serve** topped with 1 tbsp crumbled feta.

Makes 4 servings. Per serving: 152 calories | 4g protein | 9g total fat | 2g saturated fat
6g mono fat | 1g poly fat | 16g carbohydrate | 9g sugar | 4g fiber | 159mg sodium