Blueberry Cucumber Salad

3 cups of blueberries
Juice of 2 limes
1 long cucumber
1 tablespoon olive oil
4 scallions
¼ teaspoon salt
4 ounces feta
Black pepper
1 small bunch cilantro
**DIRECTIONS**

1. Rinse blueberries, cucumber, scallions and cilantro.
2. Chop cucumber into ¼ inch pieces.
3. Coarsely chop the cilantro.
4. Thinly slice the scallions.
5. Crumble feta.
6. Add olive oil, lime juice, salt and black pepper to taste.
7. Mix ingredients together in a large bowl.

Serves 6, individually or family style.

128 calories per serving, 7gm fat, 4gm protein, 16gm carbohydrate, 3gm fiber

Excellent source of Vitamin C

You can substitute blueberries for any type of fruit, like watermelon, peaches or apples!