



BLUEBERRY CUCUMBER SALAD

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ADAPTED FROM *HOW SWEET EATS*

Makes approximately ___ servings

Salad

- 2/3 cup sliced almonds
- 3 tablespoons sugar
- 8 cups spring greens, baby spinach or your greens of choice
- salt and pepper
- 4 baby seedless cucumbers, thinly sliced
- 4 green onions, thinly sliced
- 1 cup blueberries



Instructions

1. Place the almonds in a nonstick skillet over medium heat. Stir in the sugar and cook, stirring often, until the sugar melts and is like caramel, coating all of the almonds - about 6 to 8 minutes.
2. Don't take your eyes off of this as they can burn quickly! Transfer the almonds to a piece of parchment paper to let them cool. Break them into pieces if they are clumped.
3. In a large bowl, toss the greens with a generous pinch of salt and pepper. Sprinkle on the blueberries, cucumbers, and green onions. Add the almonds on top. Serve immediately with the balsamic dressing.

Blueberry Balsamic Vinaigrette

- 1/4 cup balsamic vinegar
 - 1 garlic clove, *minced*
 - 2 teaspoons dijon mustard
 - 2 teaspoons maple syrup
 - pinch of salt and pepper
 - 1/2 cup extra virgin olive oil
 - 2 tablespoons fresh chives
 - Handful of blueberries
1. Whisk together the vinegar, garlic, mustard, maple syrup, and a pinch of salt and pepper.
 2. Stream in the olive oil while whisking until emulsified. Stir in the chives. Serve with your favorite salad. This dressing stores well in the fridge. Just shake or whisk it to combine before serving.