Cranberry Blueberry Salad with Blueberry Balsamic Dressing

Salad Ingredients:

- 1 cup blueberries
- 1 (4 — 5 ounce) bag spring mix salad greens
- 1/2 English cucumber, chopped
- 1/2 cup mandarin orange segments
- 1/4 cup cranberries, dried
- 2 — 4 tablespoons roasted unsalted sunflower seeds

Blueberry Balsamic Dressing:

- 1 cup blueberries
- 1/3 cup balsamic vinegar
- 2 tablespoons red wine vinegar
- 2 tablespoon Dijon mustard
- 1 tablespoon honey
- 1 teaspoon salt or sea salt
- 1/8 teaspoon black pepper
- 1/2 cup avocado oil or olive oil

Directions

1. In a food processor or blender, combine blueberries, balsamic vinegar, red wine vinegar, Dijon mustard, honey, and black pepper.
2. Blend until blueberries are completely pureed, then use top cut-out to drizzle in the oil at end. Once dressing is emulsified.
3. Wash and dry greens.
4. Combine with cucumber and blueberries, toss with a drizzle of dressing. Add extra as desired.
5. Top with mandarin orange segments, dried cranberries, and sunflower seeds. Serve.
6. To make in advance, mix everything, except the oranges and dressing. Combine to serve. This recipe makes a small bottles worth of dressing which will last in the fridge for up to 3 — 4 days. If you only want a little, halve the recipe.

Nutrition Facts

Serving Size (183g)
Servings Per Container

Amount Per Serving

Calories 220 Calories from Fat 120

	% Daily Value*
Total Fat 14g	**22%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 105mg	**4%**
Total Carbohydrate 23g	**8%**
Dietary Fiber 4g	**16%**
Sugars 16g	
Protein 3g	

Vitamin A 50% • Vitamin C 50%

Calcium 4% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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Source: peasandcrayons.com