



# STRAWBERRY CUCUMBER SALAD

May 21

National Eat More Fruits & Vegetables Day

## INGREDIENTS

- 3 Cups Fresh Strawberries (sliced)
- 2 Cups Cucumber (sliced)
- 1 Cup Blueberries
- 3 Tablespoons White Wine Vinegar
- 3 Tablespoons Honey
- ½ Teaspoon Sea Salt
- ½ Teaspoon Freshly Ground Pepper
- Mint for Garnish (optional)

## DIRECTIONS

1. Place strawberries, cucumbers and blueberries in a medium bowl. Set aside.
2. Whisk vinegar, honey, sea salt and pepper together until well combined.
3. Drizzle over fresh produce. Gently toss to coat.
4. Garnish with fresh mint, if desired.
5. Serve immediately or within 10 minutes for best results.

## MEAL PATTERN CONTRIBUTION

 Fruit

## MEAL TYPE

 Snack

## YIELD

6 Cups

## PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Cup	1 Cup	1¼ Cups	1 Cup