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# BERRY & FETA SALAD

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Gluten-Free, Egg-Free, Vegetarian

**Yield:** 12 servings    **Total time:** 15 minutes



## D'LISH

### Ingredients

- 6-8 cups fresh berries
- 1/2 cup (4oz) feta cheese
- 1/2 red onion, chopped or sliced
- 1/2 cup fresh mint, shredded
- 1/3 cup chopped nuts (almonds, walnuts, pistachios, peanuts)
- 2 tbsp olive oil
- 1 lemon, zest and squeezed
- 1 tsp honey or balsamic
- 1/2 tsp black pepper

### Directions

1. Prep your ingredients: Wash and dry fresh berries, slice red onion, shred mint, chop nuts if not chopped already and zest and squeeze lemon. Set ingredients off to the side.
2. Make salad: combine berries, onion, mint and nuts in a large bowl.
3. Make dressing: whisk together olive oil, lemon juice, honey or balsamic and black pepper.
4. To serve pour dressing over salad, toss and top with feta.

Per serving: Calories: 101; Total Fat: 6g; Saturated Fat: 2g; Sodium: 156mg;  
Total Carbohydrates: 11g; Fiber: 4g; Protein: 3g

### Grocery List

- Fresh berries
- Feta cheese
- Red onion
- Fresh mint
- Chopped nuts
- Olive oil
- Lemon
- Honey OR Balsamic
- Black pepper

### Kitchen Equipment

- Cutting board
- Chef's knife
- Colander
- Citrus squeezer
- Microplane
- Measuring cups
- Measuring spoons
- Large bowl
- Small bowl
- Whisk
- Tongs

## Spotlight Ingredient: Berries

- Berries are typically in season from spring through summer, and some go into fall. Berries can be found in the summer at your local farmers market and year-round at local grocery stores as fresh, frozen or canned.
- Berries are some of the healthiest foods you can eat, as they're low in calories but high in fiber, vitamin C, and antioxidants.
- Many berries have proven benefits for heart health. These include lowering blood pressure and cholesterol, while reducing oxidative stress.
- Berries can be added to salads, smoothies, cottage cheese, yogurt, cereals, desserts or eaten by themselves.

## Notes