

## Wapakoneta Family YMCA Recipe Exchange

### Recipe : Blueberry Salsa Salad

From: Nancy Steinecker

Oven Temp.

Servings: 6

- 1 large orange
- 2 c. fresh blueberries (or frozen blueberries, thawed & drained)
- 2 green or red apples, diced
- 1/2 c. chopped sweet onion
- 2 Tablespoons chopped cilantro
- 1/3 c. red wine vinegar (or rice vinegar)
- 3 Tablespoons apple juice or cider
- 2 Tablespoons extra-virgin olive oil
- 2 Tablespoons sugar or SPLENDA
- 1/4 teaspoon salt
- 2 bags of spring mix salad
- 1 16-oz. container lowfat cottage cheese OR 1 container (4oz.) crumbled Gorgonzola cheese
- Cracked black pepper for garnish (optional)

Peel and section orange then cut sections into small pieces; place in large bowl. Stir in blueberries, apples, onion, and cilantro. In a small bowl, whisk vinegar, apple juice, oil, sugar and salt. Pour dressing over blueberry mixture, stirring gently to coat; let stand 10 minutes.

Arrange spring mix salad on 6 plates. Spoon blueberry mixture over salad greens. Evenly spoon remaining dressing over salads. Top each salad with cheese. Sprinkle with cracked pepper, if desired.

Nutrition Information (if available):

