

Blackberry and Cucumber Salad

2 tablespoons

extra-virgin
olive oil

2 tablespoons

apple cider vinegar

1 teaspoon honey

Kosher salt, to taste

Black pepper,
to taste

4 cups spring mix

3 heaping cups
blackberries

2 cucumbers, peeled

and seeds scraped out,
cut into 1-inch pieces
on a diagonal

1 cup mint, chopped

¼ cup chopped pecans

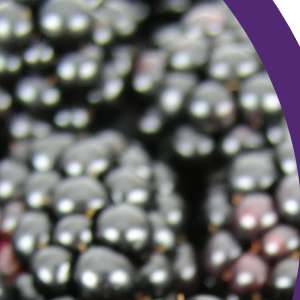
In a small bowl, **whisk** together oil, vinegar, honey and salt and pepper.

Combine spring mix, blackberries, cucumbers, mint, and pecans in a large serving bowl. **Toss** with dressing.

Serves: 4-6, 4 ounce servings

Nutritional Analysis:

180 calories, 12 g fat, 1.5 g saturated fat, 0 mg cholesterol, 160 mg sodium, 18 g carbohydrate, 8 g fiber, 8 g sugar, 4 g protein



Kentucky Blackberries

SEASON: June to September

NUTRITION FACTS: A one-half cup serving of raw berries contains 35 calories, has zero fat, and is a good source of potassium, vitamin C, and fiber.

SELECTION: Look for plump fruit that is uniform in color and appears fresh. Berries should be free of stems or leaves. Avoid fruit that is moldy, crushed, bruised, or contains extra moisture.

STORAGE: Store unwashed and covered berries in the refrigerator. Use within two days.

PREPARATION: Handle all berries gently. Wash berries by covering them with water and gently lifting the berries out. Remove any stems and drain on a single layer of paper towels. Blackberries are delicious cooked, which intensifies the flavor, or eaten fresh as a snack or in a salad.

PRESERVING: Berries may be preserved by canning or freezing, or made into jellies or jam. For more information, contact your local County Extension Office.

BLACKBERRIES

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

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Source: www.fruitsandveggiesmatter.gov

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers market, or roadside stand.

<http://plateitup.ca.uky.edu>



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