



The Edible Garden

Recipe featured at *Whole Foods Friday* demonstration, July 9

Arugula, Blueberry, and Feta Salad

By: Mitch Madoff, Executive Coordinator of Purchasing & Distribution, Whole Foods Market

Ingredients

3 tablespoons white balsamic vinegar
2 tablespoons honey
Kosher salt and pepper
1/3 cup olive oil
4 generous cups wild arugula
5 ounces feta, cut into 1/2 inch cubes
1 cup blueberries
2 scallions, green and white parts thinly sliced

Instructions

- In small bowl, whisk together vinegar, honey, kosher salt and cracked black pepper. Add olive oil in a slow steady stream, whisking constantly. Taste; adjust for seasoning.
- Place the zucchini in a strainer and press out as much liquid as possible, then transfer it to a bowl. In medium bowl, gently combine arugula, feta, blueberries and scallions. If necessary, re-whisk vinaigrette; drizzle 1/3 cup over salad and toss to coat. Taste salad and add more dressing, if desired.