

Cucumber-Blueberry Spinach Salad

This spinach-blueberry salad has the perfect balance of sweet and tart flavors, complemented by refreshing cucumber slices and creamy goat cheese. Champagne vinegar adds a mild, delicate touch that pairs beautifully with summer fruit. You can use white-wine vinegar instead; simply reduce the amount by a teaspoon to maintain the balance of flavors, as it has a sharper taste.

By **Amanda Holstein** | Updated on August 24, 2025

✓ Reviewed by Dietitian **Emily Lachtrupp, M.S., RD**

Active Time: 15 mins

Total Time: 15 mins

Servings: 6

Nutrition Profile:

Anti-Inflammatory Mediterranean Diet Sesame-Free Soy-Free Vegetarian Egg-Free
Gluten-Free

Ingredients

1 1/4 cups fresh blueberries, divided

3 tablespoons champagne vinegar

1 1/2 tablespoons honey

1/4 teaspoon plus 1/8 teaspoon salt

1/4 cup plus 2 tablespoons extra-virgin olive oil

1 (5-ounce) package baby spinach

1 cup thinly sliced unpeeled English cucumber

1/2 cup crumbled goat cheese, divided

1/3 cup slivered almonds, toasted

Directions

Step 1

Combine 3/4 cup blueberries, vinegar, honey and salt in a food processor; process until fully combined, about 15 seconds. With the processor running, slowly pour oil through the chute until the dressing is emulsified, about 30 seconds.

Step 2

Place spinach, cucumber and the remaining 1/2 cup blueberries in a large bowl. Drizzle with the dressing; toss until well coated. Transfer to a serving dish; top with goat cheese and almonds.

Frequently Asked Questions

Can I meal-prepare this recipe?



What should I serve with Cucumber-Blueberry Spinach Salad?



Nutrition Facts

Per serving: **Serving Size about 1 cup** 244 calories; total carbohydrate 11g; dietary fiber 2g; total sugars 8g; added sugars 4g; protein 6g; total fat 21g; saturated fat 5g; cholesterol 9mg; vitamin a 167mcg; vitamin c 10mg; vitamin d 0mcg; vitamin e 4mg; folate 54mcg; vitamin k 131mcg; sodium 241mg; calcium 70mg; iron 1mg; magnesium 41mg; potassium 227mg; zinc 1mg; vitamin b12 0mcg; omega 3 0g

Additional reporting by **Carrie Myers, M.S. and Linda Frahm**

Carolina Gold Chicken Kebabs

Skewers with a bold, tangy glaze like no other.

Active Time: 30 mins

Total Time: 40 mins

Servings: 4

Ingredients

1 1/2 lb. boneless, skinless chicken thighs, cut into 1-inch pieces (about 4 cups)

1 red onion, cut into 1-inch pieces (about 2 cups)

4 (12-inch) flat metal skewers

1 Tbsp. kosher salt

1/2 tsp. black pepper

1 Tbsp. olive oil

1/3 cup Carolina gold barbecue sauce (from 1 [17-oz.] bottle), plus more for drizzling

2 Tbsp. apple cider vinegar

Chopped scallions

Directions

Step 1

Thread chicken and red onion alternately onto skewers. Sprinkle with salt and pepper; drizzle with oil. Stir together barbecue sauce and vinegar in a small bowl.

Step 2

Preheat a gas grill to high (450°F to 500°F). Place skewers on oiled grates. Grill, uncovered, until a thermometer inserted into thickest portion of chicken registers 165°F, 12 to 15 minutes, turning and basting with vinegar mixture about every 2 minutes.

Step 3

Remove from grill; place on a platter. Drizzle with more barbecue sauce; garnish with scallions.

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