

Romaine with Feta and Blueberries

prep time

about 10 minutes

things you need

1
large head of romaine lettuce

2 cups
blueberries (preferably wild)

1/3 cup
light feta cheese

1/4 cup
apple cider vinegar

1
shallot

1 tbsp
honey

1 tbsp
olive oil

here's how

1. Wash romaine lettuce, spin dry and wrap in paper towels. Wash blueberries, drain well and dry.
2. Using a hand blender or a mini food processor, blend feta, cider vinegar, olive oil, shallot and honey to make the salad dressing. The salad dressing can be stored in the fridge for up to 2 days if you want to make it in advance.
3. To serve, toss chopped lettuce with dressing. Add blueberries. Toss, serve and enjoy.

Note: if you don't have a shallot, you can substitute 2/3 teaspoon very finely minced onion and 1/3 teaspoon very finely minced garlic