



Blueberry, Feta and Honeyed Walnut Salad

Description



This fresh, delicious salad combines the sweetness of blueberries, the bite of feta cheese, and the crunch of walnuts. Dressed with Herbs de Provence Olive Oil and Blueberry Balsamic Vinegar, it's a winning combination!

Ingredients:

For the Honeyed Walnuts:

- 1 C. walnut pieces

- 2 t. The Olive Tap's [Herbs de Provence Olive Oil](#)
- 1 T. honey (you may substitute maple syrup)
- 1/2 t. The Olive Tap's Himalayan Pink Sea Salt

For the Salad:

- 8 C. combination of fresh spinach and arugula
- 1 C. blueberries
- 1/2 C. feta cheese, crumbled
- Thinly sliced red onion

For the Blueberry Herb Vinaigrette:

- 1/2 C. The Olive Tap's [Herbs de Provence Olive Oil](#)
- 1/4 C. The Olive Tap's [Blueberry Balsamic Vinegar](#)
- 1 t. Dijon mustard

Directions:

To make the Blueberry Herb Vinaigrette:

1. Whisk together olive oil, balsamic vinegar, and dijon mustard, and set aside

To make the Honeyed Walnuts:

1. Preheat oven to 400. Combine olive oil and honey in a bowl. Add walnuts, and stir to combine. Place on baking sheet and spread out in a single layer.
2. Place in oven for about 10 minutes; stir halfway through cooking.
3. Remove from oven and sprinkle with sea salt.
4. Spread onto parchment paper that has been sprayed with cooking spray and set aside to cool.

To Assemble the Salad:

1. Either in a large bowl or on individual serving plates arrange arugula and spinach. Add blueberries, fetacheese, and sliced red onion. Drizzle with vinaigrette (toss if in a large bowl), and scatter walnuts over the top. Serve immediately.

This salad is also wonderful with some sliced, grilled chicken breast over the top!

An Olive Tap Original by Melanie, Long Grove

Recipe originally appeared at <https://theolivetaprecipes.com/recipes/blueberry-feta-and-honeyed-walnut-salad/>

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