

HEALTHY BLUEBERRY CHUTNEY SALAD

1 Tbsp. olive oil
1 small onion, finally chopped (about 1/4 cup)
2 pints blueberries, washed
1 Tbsp. sugar
Pinch each of ground cinnamon, cloves, allspice
Fresh ground black pepper, to taste
2 Tbsp. red wine or balsamic vinegar
6-8 oz. feta or goat cheese, cut into small chunks
3 strips bacon, fried and crumbled
1 bag of spinach or other rinsed and dried salad greens

Saute onion in pan with oil. Add the blueberries, sugar and spices, shaking the pan while cooking. Add vinegar and cook a few minutes until the juice thickens to a nice sauce. Prepare the salad greens in a bowl, arranging the bacon and cheese on top. Serve chutney warm and immediately on top of the bed of lettuce.

*Pearl River Blues Organic Farm,
Lumberton, MS*