

Holiday Turkey Salad

Serving Size: *1/4 of recipe

Serves: 4

Salad Ingredients

2 cups cooked chicken or turkey breast, cubed

1 small red apple, (gala or red delicious)

½ cup green or red seedless grapes, halved

½ cup dried apricots, chopped

¼ cup dried cherries, chopped

2 celery stalks, diced

¼ cup red onion, minced

Dressing Ingredients

1/3 cup mayonnaise

¼ cup plain non-fat yogurt

½ teaspoon honey

½ teaspoon orange zest, grated

¼ teaspoon freshly ground black pepper

Directions

In a large mixing bowl, combine the salad ingredients.

In a small mixing bowl, combine the dressing ingredients and stir until well blended.

Add the dressing to the turkey salad mixture and mix well. Cover and refrigerate for 30 minutes to allow the flavors to blend.

This recipe works well with chicken or turkey. It's a great twist on the traditional turkey sandwiches that use up leftovers.

Exchanges per Serving

1 Lean Meat, 1 Fruit, 1 Fat

Nutrients per Serving

Calories: 152

Calories from fat: 68 g

Total Fat: 7.6 g

Cholesterol: 22.3 g

Sodium: 84 mg

Total Carbohydrate: 13 g

Dietary Fiber: 1.5 g

Protein: 8.2 g