

September Recipe of the Month

Turkey Salad with Celery & Cranberries

This salad goes together in no time. To save time, use rotisserie turkey from the deli in the super market. If you prefer, you can substitute the turkey with chicken. You can use the packaged grilled chicken breast strips but take note the sodium will be higher.

Serves: 4

Serving size: ¾ cup

2 cups chopped cooked turkey
¾ cup finely chopped celery, strings removed
¼ cup minced fresh parsley
2 green onions, chopped
¼ cup dried cranberries, chopped
⅓ cup chopped pecans
¼ cup plain non fat Greek yogurt
2 tbsp light mayonnaise
4 large leaves butter lettuce



Directions:

1. Combine all ingredients, except lettuce, in a bowl and mix well.
2. Chill for up to 3 hours to allow flavors to blend.
3. Serve on top of the butter lettuce.

Per serving: 170 calories, 13g protein, 9g fat (1g saturated), 30mg cholesterol, 10g carbohydrate, 2g fiber, 7g sugar, 100 mg sodium

% Daily Value: Vitamin A 20%, Vitamin C 15%, Calcium 4%, Iron 8%

Recipe adapted from Eat Well, Eat Happy