

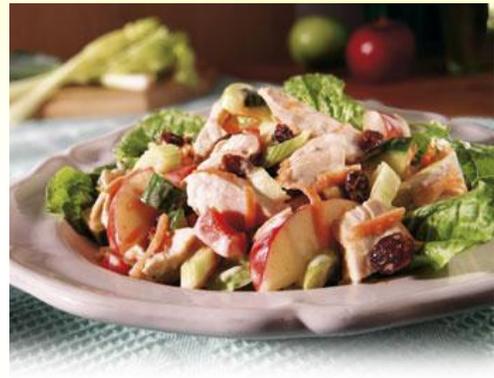


Apple Turkey Salad

Servings: 6

Ingredients:

- 8 oz. cooked turkey, cubed
- 2 cups diced celery
- 2 cups Granny Smith apples, unpeeled, cored, diced
- ¼ cup raisins
- 2 Tbsps. reduced-calorie mayonnaise
- 2 Tbsps. plain low-fat yogurt
- ¼ tsp. nutmeg
- ¼ tsp. cinnamon
- Salt & pepper to taste



Directions:

1. In a large bowl, combine turkey, celery, apples and raisins.
2. In a small bowl, combine mayonnaise, yogurt, nutmeg and cinnamon
3. Fold into turkey mixture.
4. Season to taste with salt and pepper.
5. Serve on crisp lettuce leaves and garnish with grated Cheddar cheese, if desired.

Nutrition Facts (per serving): Calories, 138; fat, 4 g; calories from fat, 34; sodium, 161 mg; carbohydrate, 14 g; fiber, 2 g

Source: University of Illinois Extension

