



TASTY TURKEY SALAD

By Dr. Cindy Tanzar
(Standard/Maintenance)

This turkey salad is not only perfect for holiday leftovers, but you can enjoy it anytime you get a taste for something out of the ordinary. If you don't have leftovers, purchase 9-10 oz of Boar's Head or Private Selection turkey sliced in one large piece, then dice it yourself at home... easy! Enjoy it on a plate, in a lettuce leaf, in a salad or with veggies and fruit on the side.

This recipe makes 3 servings, so just divide it into 3 portions. One serving covers your protein, fat, 1/3 cup of vegetable per serving. The cranberries are negligible per serving, so just eat a little less than a cup of fruit on the side. Cutting up a Granny Smith apple in your serving would be a great addition for fruit!



INGREDIENTS

- 2 cups turkey, chopped
- 2 stalks celery, chopped
- 1 Tbsp fresh sage, chopped
- 1/4 cup Genesis dried cranberries recipe or serve with
a bit of Genesis Cranberry Relish or Sauce on the side (optional)



1 small Granny Smith apple, diced (optional)
1/4 cup toasted pecan pieces
1/3 cup Genesis or Primal Kitchen mayo
1 Tbsp freshly-squeezed lemon juice
Pink Himalayan salt and black pepper, to taste

DIRECTIONS

Combine the turkey, celery, sage, cranberries and pecans in a large bowl. Add in mayonnaise and lemon juice and mix well. Season to taste with salt and pepper.