



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. 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 (plus fruit if using the apple). The cranberries are negligible per serving, so just eat a little less than a cup of fruit on the side.



INGREDIENTS

- 2 cups turkey, chopped
- 2 stalks celery, chopped
- 1 Tbsp fresh sage, chopped or 1/2-1 tsp. dried sage (to taste)
- 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, pecans and apples (if using) in a large bowl.

Add in mayonnaise and lemon juice and mix well. Season to taste with salt and pepper.