

C's Tasty Turkey Salad

Ingredients:

1 cup plain non-fat yogurt
2 tsp. curry powder
1 tsp. ground ginger
1 tsp. dried thyme
1/2 cup white or black raisins
4 turkey breasts, grilled, chopped
2 stalks celery, sliced & chopped
2 cups Spring Mix salad greens
4 Tbsp. sliced almonds

Directions:

1. Rub the turkey breasts with Morton's Nature's Seasoning. Grill. Cool and chop into bite sized pieces. Set aside.
2. In a large mixing bowl, combine the yogurt and three spices. Stir in raisins, cover and refrigerate for 15 minutes.
3. In the bowl with the cooled chopped turkey, add the celery.
4. After the yogurt mixture has set, add to the turkey bowl and combine until all of the turkey is coated. Don't add the almonds until you are ready to eat your salad. Distribute evenly.
-you can either store the mixture or serve it immediately over the salad greens.
-you won't need any dressing!