

## Fruiti-tuti Turkey Salad

Makes: about eight 2 unit portions protein & 1 unit carbs (1/4 heaping cup)

Makes: about six 3 unit portions protein & 1 unit carbs (1/3 heaping cup)

Makes: about four 4 unit portions protein & 2 units carbs (3/4 heaping cup)

Makes: about two-ish 5 unit portions protein & 2 units carbs (1 heaping cup)

### Ingredients:

1/4 cup smoked almonds, chopped (you do the chopping)

1/4 cup plain yogurt

3 Tbsp. Kraft Light mayo

4 shakes Morton's Nature's Seasonings

1/2 tsp. ground ginger

1/8 tsp. crushed red pepper flakes

3/4 cup celery, thinly sliced

1/4 cup purple onion, finely diced

1/4 cup dried cherries, chopped

1/4 cup golden raisins, chopped

8 ounces roasted turkey breast meat, diced into 1/2" cubes

### Directions:

Step 1: Make it easy and buy the turkey breast meat already pre-cooked. Dice as directed.

Step 2: Add all ingredients into a medium bowl and mix well. Cover bowl and chill.