

Turkey Salad

This recipe offers substitutions for using less fat. Limit use of solid fats, such as butter, hard margarines, lard, and partially hydrogenated shortenings.

Ingredients:

- 1 1/2 cups cooked turkey or smoked turkey, diced
- 1/2 cup walnuts, toasted and chopped
- 1/2 cup raisins or other dried fruit
- 3/4 cup celery, chopped
- 1/2 cup diced red or yellow onion
- 1/4 cup parsley, chopped (optional)
- 1 large red apple, cored and chopped
- 1/3 cup low-fat mayonnaise
- 1 tablespoon vinegar (cider, red or white)

Directions:

1. Mix turkey, nuts, raisins, celery, onions, parsley, and apple in a large bowl.
2. Add mayonnaise and vinegar; mix until thoroughly combined.
3. Toss meat mixture with dressing and chill.
4. Serve cold with lettuce and tomato wedges, or use as sandwich filling.
5. Refrigerate leftovers within 2-3 hours.

Notes:

Nutrition Facts	
Serving Size 3/4 cup (106g)	
Servings Per Container 7	
Amount Per Serving	
Calories 170	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 260mg	11%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	8%
Sugars 13g	
Protein 5g	
Vitamin A 6%	• Vitamin C 10%
Calcium 2%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

7 servings, 3/4 cup each

Source: Anne Hoisington, OSU Extension. For more recipes and other resources on eating well for less, see our web site at <http://www.healthyrecipes.oregonstate.edu>