

TASTY TURKEY SALAD

By Dr. Cindy Tanzar

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.



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 Dried Cranberries recipe or serve with a bit of Cranberry Relish or Sauce on the side (optional)
- 1 small Granny Smith apple, diced (optional)
- 1/4 cup toasted pecan pieces
- 1/3 cup mayo
- 1 Tbsp freshly-squeezed lemon juice
- Pink Himalayan salt and black pepper, to taste

DIRECTIONS

1. Combine the turkey, celery, sage, cranberries, pecans and apples (if using) in a large bowl.
2. Add in mayonnaise and lemon juice and mix well. Season to taste with salt and pepper.