



*Simple,
Seasonal,
Sustainable*

Recipe of the Week

Leftover Turkey & Apricot Salad

Ingredients

- 1 lemon
- 2 teaspoons poppy seeds
- 2 teaspoons honey
- 1 tablespoon grainy mustard
- 1 tablespoon olive oil
- 1/4 cup dried apricots, cut into quarters
- 3 to 4 cups cooked turkey, chopped
- 1 red apple, unpeeled and chopped
- 4 stalks celery, chopped
- 4 scallions, chopped
- 1/2 head green leaf lettuce

Directions

1. Finely grate the peel of a fresh lemon into a large bowl, then juice the lemon into the same bowl
2. Add poppy seeds, mustard, honey, oil and apricots to the bowl, then let apricots soften for at least 15 minutes in this dressing.
3. Add the turkey, apple, celery, and scallions, and mix well. Serve on a bed of greens.

Serves 4

320 calories, 12 g fat, 3 g saturated fat, 21 g carbohydrate, 4 g fiber, 32 g protein, 180 mg sodium

Source: Oldways



healthy.iu.edu
healthyu@indiana.edu