

BEYOND HUNGER

ROASTED TURKEY & CRANBERRY APPLE SALAD

Have you ever wondered what to do with the leftover turkey from your holiday meal? Now you can put it to use in this delicious and nutritious seasonal salad. Tossed with fresh greens and fruit, this recipe brings together sweet and savory holiday flavors with the added benefit of fiber, vitamins, and minerals!

Yield: 4 servings

Ingredients

- 3 hearts of **romaine lettuce**, chopped
- 1 large **apple**, diced
- ½ cup cubed **sharp cheddar cheese**
- 1 cup **leftover turkey**, diced
- 1/3 cup **dried cranberries** (substitute raisins)
- 1/3 cup **walnuts** or **pecans**

For the Vinaigrette

- 2 tbsp **olive oil**
- 2 tbsp **apple cider vinegar** (substitute lemon juice)
- Dash of **salt** and **pepper**

Instructions

1. In a small bowl add olive oil, apple cider vinegar, salt, and pepper. Whisk or stir to combine ingredients and set aside.
2. In a large bowl combine lettuce, apple, and dried cranberries and toss thoroughly.
3. Add turkey, cheese, and walnuts to the tossed salad; pour vinaigrette dressing on top. Toss lightly and serve immediately.

Per Serving: Calories 221, Carbohydrates 21 g, Protein 12 g, Saturated Fat 4 g, Sodium 208 mg, Fiber 3 g, Sugars 16 g

This recipe appears in the December 2021 issue of Beyond the Kitchen and was adapted from theschmidtywife.com

