

Recipe – Turkey Chopped Salad

Ingredients

- 2 lbs roasted turkey breast, cubed
- 1 large bowl of greens including 1 head Romaine lettuce, arugula, spinach and/or baby greens
- 3 red peppers, chopped
- 1 fennel bulb, thinly sliced
- 1 small red onion, chopped
- 2 inch piece fresh ginger, grated
- 1 cup edamame (fresh soy beans without pods) or lentil sprouts
- 1 package goat milk feta, crumbled
- Optional: ½ walnuts or almonds, coarsely chopped

Dressing

- 2 TBS Dijon mustard
- 6 TBS olive oil
- 2 TBS white Balsamic vinegar
- 1 lime, juiced
- 6 shakes hot chili oil
- ¼ cup water or orange juice

Method

Roast turkey breast and let sit to cool enough to handle and chop.

Chop or slice greens if needed and add to a large bowl.

Chop red peppers, fennel, and red onion. Grate the ginger. Add to the greens along with the edamame, feta and nuts. Add the cubed turkey.

Prepare the dressing in a separate bowl or jar by whisking together the mustard, olive oil, vinegar, lime juice, chili oil and water or orange juice.

Toss the dressing with the salad and serve.

Serves 6 to 8.