

Turkey Salad Sandwiches

Recipe of the Month – November 2012



Curry powder adds an Asian twist to this turkey salad sandwich– a delicious lunch or dinner when minutes matter.

Prep Time: 20 Min

Start to Finish: 20 Min

Makes: 4 sandwiches

INGREDIENTS

1 1/2 cups diced cooked turkey
1/2 cup diced unpeeled apple
1/2 cup fat-free mayonnaise or salad dressing
1 1/2 teaspoons curry powder
1/4 teaspoon ground ginger
1/4 teaspoon pepper
1 medium stalk celery, chopped (1/2 cup)
2 green onions, chopped (2 tablespoons)
8 slices whole grain bread

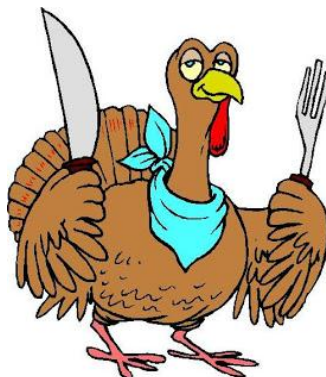
DIRECTIONS

1. In medium bowl, mix all ingredients except bread.
2. Spread turkey mixture on 4 slices bread. Top with remaining bread.

Recipe Provides: Fats & Oils 2tsp, Grains 2oz-equivalents, Meat & Beans 2oz-equivalents

NUTRITION INFORMATION PER SERVING

Serving Size:	1 sandwich	Calories:	250	Calories from Fat:	30
Total Fat:	3 1/2 g	Saturated Fat:	1 g	Cholesterol:	45 mg
Sodium:	550 mg	Total Carbohydrate:	31 g	Dietary Fiber:	5 g
Sugars:	10 g	Protein:	23 g		



This Recipe adapted from WWW.eatbetterearly.com