



Cal Smart Turkey Salad

with Creamy Dressing and Feta

Calorie Smart

Quick

25 Minutes



Turkey Breast Portions



Spring Mix



Roma Tomato



Gala Apple



Mini Cucumber



Salad Topping Mix



White Wine Vinegar



Mayonnaise



Feta Cheese, crumbled



Seasoned Salt

HELLO TURKEY

Using this delicious protein is a great way to lower saturated fats in a dinner!

Start here

Before starting, wash and dry all produce.

Bust out

Measuring spoons, large bowl, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Turkey Breast Portions	340 g	680 g
Spring Mix	113 g	227 g
Roma Tomato	80 g	160 g
Gala Apple	1	2
Mini Cucumber	66 g	132 g
Salad Topping Mix	28 g	56 g
White Wine Vinegar	1 tbsp	2 tbsp
Mayonnaise	2 tbsp	4 tbsp
Feta Cheese, crumbled	¼ cup	½ cup
Seasoned Salt	½ tsp	1 tsp
Sugar*	1 tsp	2 tsp
Oil*		

Salt and Pepper*

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

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Prep turkey

Pat **turkey** dry with paper towels, then season all over with **seasoned salt** and **pepper**.



Cook turkey

Heat a large non-stick pan over medium-high heat. Add **1 tbsp oil** (dbl for 4 ppl), then **turkey**. Cook until golden-brown and cooked through, 3-5 min per side.** Transfer **turkey** to a clean cutting board to rest, 2-3 min.



Prep

While **turkey** cooks, halve **cucumber** lengthwise, then cut into ¼-inch half-moons. Cut **tomato** into ¼-inch pieces. Core, then cut **apple** into ¼-inch slices.



Make dressing

Whisk together **mayo**, **vinegar**, **1 tsp sugar** and **1 tbsp oil** (dbl both for 4 ppl) in a large bowl.



Toss salad

Add **spring mix**, **apples**, **tomatoes** and **cucumbers** to the bowl with **dressing**. Season with **salt** and **pepper**, to taste, then toss to combine.



Finish and serve

Thinly slice **turkey**. Divide **salad** between plates. Top **salad** with **turkey**. Sprinkle **feta** and **salad topping mix** over top.

Dinner Solved!