

5 A Day Recipes

Salads

Turkey Potato Salad

Serves 3

A great main dish lunch salad!

Nutritional analysis

- 2 cups diced turkey breast, cooked
- 2 stalks celery, cut up
- 2/3 cup jicama, diced (or use water chestnuts)
- 3 green onions, cut up
- 2 red potatoes, cooked and cut into cubes
- 1 cup low fat plain yogurt
- 2 Tbsp. parsley flakes (or to taste)
- 2 tsp. dill weed (or to taste)
- pepper to taste

Lightly mix the turkey, celery, jicama, onions, potatoes, parsley and dill. Add the yogurt and mix. Add pepper to taste. Serve with a roll or on a bed of lettuce with bean sprouts.

This is an official 5 a Day recipe.

Nutritional Analysis

Calories: 277
Cholesterol: 71.6 mg
Fiber: 5.3 g
Sodium: 151 mg
% Calories from Protein: 51%
% Calories from Carbohydrates: 35%
% Calories from Fat: 14%