

Blue Cheese Turkey Salad with Sliced Apples

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Servings: 4 (3 ½ Cups Per Serving)

This salad can stand alone as a great side or as lunch, with or without the quinoa. If you don't have quinoa or want to try a variation, you can substitute brown rice, millet, wild rice or cooked beans.

Ingredients

6 ounces cooked turkey breast, diced into ½-inch squares (purchase turkey breast unsliced)
1 cup cooked quinoa
2 apples, peeled and sliced
8 cups mixed greens
2 scallions, chopped
2 ounces crumbled blue cheese
2 tablespoons slivered almonds
1 cup cherry tomatoes
1 cucumber, peeled, sliced and cut into half moons
½ cup balsamic dressing

Directions

1. Combine the ingredients and serve.

Cooking Tip

It's helpful to buy pre-rinsed quinoa for convenience. If you don't, you must rinse the quinoa several times before using it. Quinoa contains an outer coating of saponin that is very bitter. Use a fine colander, and rinse the quinoa under cold water.

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Nutrition Facts	
Serving Size: 3 ½ Cups	
Amount per serving	
Calories 320	
	% Daily Value*
Total Fat	14.7g
Cholesterol	28mg
Sodium	642mg
Total Carbohydrate	34.5g
	Dietary Fiber 7g
Protein	15.5g
Calcium	160mg
Iron	3mg
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	