

Fitness Aspects

For the Body & Mind



CURRIED TURKEY CASHEW SPINACH SALAD

NUTRITION PER SERVING:	321
	26 G
CALORIES	27 G
PROTEIN	13 G
CARBOHYDRATE	
TOTAL FAT	30 MINUTES
	30 MINUTES
PREP TIME:	
COOK TIME:	4 SERVINGS
	2 CUPS

YIELD:
SERVING SIZE:

INGREDIENTS:

1/4 C	WATER PLAIN FAT-FREE GREEK YOGURT
1 TBSP	OLIVE OIL
1 TBSP	CURRY POWDER
1 TSP	HONEY
1 TSP	KOSHER SALT
1/4 TSP	
1/4 TSP	FRESHLY GROUND BLACK PEPPER
5 C	LOOSELY PACKED BABY SPINACH
2 C	CHOPPED COOKED SKINLESS TURKEY (LIGHT AND DARK MEAT)
1/2 C	GOLDEN RAISINS
1/2 C	COARSELY CHOPPED ROASTED, SALTED CASHEWS
1/2 C	THINLY SLICED RED ONION

- 01 Combine the first 7 ingredients in a large bowl; stir with a whisk.
- 02 Add spinach and remaining ingredients, toss well to combine

