



## CURRIED TURKEY CASHEW SPINACH SALAD

### NUTRITION PER SERVING:

<b>CALORIES</b>	321
<b>PROTEIN</b>	26 G
<b>CARBOHYDRATE</b>	27 G
<b>TOTAL FAT</b>	13 G

<b>PREP TIME:</b>	30 MINUTES
<b>COOK TIME:</b>	30 MINUTES

<b>YIELD:</b>	4 SERVINGS
<b>SERVING SIZE:</b>	2 CUPS

### INGREDIENTS:

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

