Turkey Salad

Diabetes Friendly

Items Needed: cutting board, knife, measuring cups, measuring spoons, fork, mixing bowl, spatula

Serves: 3

Ingredients:
- 2 cups of shredded turkey
- ¼ cup celery, small dice
- ¾ cup kale, chopped
- 2 Tbsp dried cranberries (optional)
- ¼ cup mayo
- 1 tbsp mustard
- Salt and pepper to taste

Directions:
1. Shred turkey and place in mixing bowl.
2. Add the remaining ingredients and mix until fully coated.
3. Season with salt and pepper to taste.
4. Serve on a salad, as a sandwich, in a wrap or with crackers.

Nutrition Information (per 1/3 recipe):
Calories: 308    Fat: 7.3 g    Carbs: 7.4 g    Protein: 49 g    Fiber: 1.1 g    Sodium: 359 mg

https://wexnermedical.osu.edu/nutrition-services
https://wexnermedical.osu.edu/diabetes-endocrinology/diabetes-education