



Lifestyle Wellness Academy



CURRIED TURKEY CASHEW SPINACH SALAD

NUTRITION PER SERVING:

CALORIES	321
PROTEIN	26 G
CARBOHYDRATE	27 G
TOTAL FAT	13 G

PREP TIME:	30 MINUTES
COOK TIME:	30 MINUTES

YIELD:	4 SERVINGS
SERVING SIZE:	2 CUPS

INGREDIENTS:

1/4 C	WATER
1 TBSP	PLAIN FAT-FREE GREEK YOGURT
1 TBSP	OLIVE OIL
1 TSP	CURRY POWDER
1 TSP	HONEY
1/4 TSP	KOSHER SALT
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

