

Healthy Turkey Salad Pocket

Serves 6, Serving size: 1/2 pita + 1/2 cup turkey mixture

Ingredients

- 2 cups (about 12 ounces) diced cooked turkey or chicken
- 3/4 cup pitted dried plums, diced
- 1/2 cup sliced celery
- 1/2 cup plain nonfat yogurt
- 1/4 cup sliced green or red onion
- 1 tablespoon sweet-hot mustard (Dijon or honey mustard also work well)
- Salt and pepper to taste
- 3 whole wheat pita breads, halved
- 6 lettuce leaves



Recipe from www.californiaplums.org;
photo from tasteoffhome.com

Directions

1. In a medium bowl, combine turkey/chicken, dried plums, celery, yogurt, onions, and mustard. Stir until thoroughly mixed. Season to taste with salt and pepper.
2. Cover and store in refrigerator for up to 3 days. To serve, place 1 lettuce leaf and 1/2 cup of turkey mixture in each pita pocket.

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G L E A N E R S

Nutrition per serving: 223 calories, 19 g protein, 2 g fat, 35 g carbs, 4 g fiber, 357 mg sodium

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