



TURKEY DELI CHOPPED SALAD

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Sliced Lean Turkey Breast, chopped	5 Oz.	Shredded Cheese	1 Tbsp.
Romaine Lettuce, chopped	2 Cups	Nonfat Greek Yogurt	¼ Cup
Cucumber, diced	½ Cup	Dijon Mustard	1 Tsp.
Cherry Tomatoes, halved	½ Cup	Lemon Juice	1 Tsp.
Olives	¼ Cup	Garlic Powder	½ Tsp.
Red Onion, thinly sliced	¼ Cup	Water to Thin	1-2 Tsp.
Hard-boiled Egg, chopped	1	Salt and Pepper, to taste	
SERVING SIZE	1		

PREPARATION

- Add romaine lettuce to a large bowl.
- Top with chopped turkey, cucumber, tomatoes, olives, red onion, egg, and cheese.
- In a small bowl, whisk together Greek yogurt, Dijon mustard, lemon juice, garlic powder, salt, and pepper.
- Add water as needed until the dressing reaches your preferred consistency.
- Drizzle dressing over the salad and toss before serving.