

Turkey and Spinach Salad

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Prep Time: 20 mins

Cooking Time: 15 mins

Ingredients

Dressing

2 tablespoons olive oil

2 tablespoons cider vinegar

½ teaspoon ginger

½ teaspoon dry mustard

Salad

4 cups spinach leaves

1 cup mushrooms, sliced

1 cup tomato, chopped

¼ cup fresh parsley, chopped

Turkey

Non-stick cooking spray

12 oz. turkey breast cut in strips

Mrs. Dash® spice blend

Method

In a small bowl, combine all dressing ingredients; set aside. In a large bowl combine spinach, mushrooms, tomato and parsley. Spray skillet with non-stick cooking spray and heat over medium heat. Add turkey; stir-fry until turkey is lightly browned and no longer pink. Add turkey to spinach mixture. Toss salad with dressing and serve.

Nutrition Info.

Cal 380 | Fat 16g | Chol 105mg | Carb 12g | Pro 48g

This recipe makes 2 servings.

