

# 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>

