

DIABETIC RECIPE OF THE MONTH — March 2007

Curry-Berry Turkey Salad

2 cups cubed cooked turkey breast	2 teaspoons lime juice
2 celery ribs, sliced	$\frac{3}{4}$ teaspoon curry powder
$\frac{1}{4}$ cup chopped red onion	$\frac{1}{2}$ teaspoon grated lime peel
2 tablespoons golden raisins	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup fat free mayonnaise	3 cups sliced strawberries
2 teaspoons Splenda	

In a large bowl, combine the turkey, celery, onion, and raisins. In a small bowl, combine the mayonnaise, sugar, lime juice, curry, lime peel, and salt. Pour over turkey mixture; toss gently to coat. Just before serving, gently stir in strawberries. YIELD: 6 servings

Nutrition Facts: 1 cup equals 127 calories, 2 g fat (trace saturated fat), 42 mg cholesterol, 303 mg sodium, 14 g carbs, 3 g fiber, 15 g protein. Diabetic Exchanges: 2 very lean meat, 1 fruit

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