

Turkey Salad with Apples and Almonds

2 tbsp sliced almonds
3 tbsp fat-free sour cream
1 tbsp reduced-fat mayonnaise
dash ground celery seed
dash ground cardamom
1/8 tsp salt or a taste (optional)
1 c (5 oz) roasted turkey or chicken breast cubes
1 c cubed tart or sweet apple, peeled or unpeeled
1 small celery stalk, diced

Spray a medium nonstick skillet with nonstick spray. Add the almonds. Over medium heat, cook the almonds, stirring until they brown and smell toasted, about 4 or 5 minutes. If the almonds begin to burn, lower the heat slightly. Immediately remove to a small plate and set aside. In a medium bowl, stir together the sour cream, mayonnaise, celery seed, cardamom, and salt (if desired). Stir in the turkey, apple, celery, and reserved almonds. Serve at once or cover and refrigerate several hours or up to 24 hours. Leftover salad will keep in the refrigerator for 2 to 3 days.

Nutrients per Serving:

111 Calories
3 g Total Fat
8 g Carbohydrate
2 g Dietary Fiber
6 g Sugar
12 g Protein