



**NUTRITION PER SERVING:** 321  
 26 G  
 CALORIES 27 G  
 PROTEIN 13 G  
 CARBOHYDRATE  
 TOTAL FAT 30 MINUTES  
 30 MINUTES

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**PREP TIME:**  
**COOK TIME:** 4 SERVINGS  
 2 CUPS

**YIELD:**  
**SERVING SIZE:**

**INGREDIENTS:**

**1/4 C** WATER  
 PLAIN FAT-FREE GREEK YOGURT

**1 TBSP** OLIVE OIL

**1 TBSP** CURRY POWDER

**1 TSP** HONEY

**1 TSP** KOSHER SALT

**1/4 TSP**

**1/4 TSP** FRESHLY GROUND BLACK PEPPER

**5 C** LOOSELY PACKED BABY SPINACH

**2 C** CHOPPED COOKED SKINLESS TURKEY (LIGHT AND DARK MEAT)

**1/2 C** GOLDEN RAISINS

**1/2 C** COARSELY CHOPPED ROASTED, SALTED CASHEWS

**1/2 C** THINLY SLICED RED ONION

# CURRIED TURKEY CASHEW SPINACH SALAD

- 01 Combine the first 7 ingredients in a large bowl; stir with a whisk.
- 02 Add spinach and remaining ingredients, toss well to combine

