



Eat Smart, Move More...
Maintain, don't gain!

HOLIDAY Challenge

Turkey and Blue Cheese Salad

Ingredients

Salad:

- 6 cups romaine lettuce
- ½ cup chopped celery (about 3 medium stalks, sliced thinly)
- ½ cup chopped tomato
- 1/3 cup chopped green onion
- 1 cup shredded or small-cubes turkey
- 1 (15 oz) can garbanzo beans (chickpeas)

Dressing:

- ¼ cup light blue cheese dressing
- 1/8 cup skim milk
- 1 tsp minced garlic
- 1 tsp dried dill

Directions

1. Mix together salad ingredients in large bowl.
2. Mix blue cheese dressing and skim milk with a whisk.
3. Stir in garlic and dill.
4. Toss salad with dressing.

Nutrition Information Makes 3 servings

Per serving:

- Calories: 310
- Fat: 9g
- Protein: 23g
- Carbohydrate: 33g
- Fiber: 10g
- Sodium: 400mg



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Eat Smart