

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Turkey Salad

1 1/4 pounds left-over turkey, diced

3/4 cup chopped green onion

1 cup chopped celery

1/3 cup Vegenaïse

2 Tbls. spicy brown mustard

3 Tbls. fresh parsley, finely chopped

Salt and pepper to taste

1 cup seedless red grapes, cut in half and/or diced apple

1/2 cup sliced almonds or coarsely chopped pecans, toasted

In a large bowl, stir the Vegenaïse and mustard to combine. Add turkey, green onions, celery and parsley, stir until well combined. Add salt and pepper to taste. Fold in grapes and nuts, serve immediately. If making ahead, reserve fruit and nuts until just before serving. Use as a filling for sandwiches or wraps.

