

Tarragon Turkey Salad Lettuce Cups with Plums and Toasted Almonds



Nutritional Info

Servings size:

Amount Per Serving

Calories: 170

Total Fat: 7g

Carbs: 9g

Protein: 17g

Ingredients

- 12 ounce extra thick, deli-sliced, low-sodium oven-roasted turkey breast
- 2 fresh California plums, pitted and diced
- 1/2 cup thinly sliced celery
- 1/4 cup minced red onion
- 1/4 cup light mayonnaise
- 2 tablespoon fat-free plain yogurt
- 1 tablespoon white wine vinegar
- 1 tablespoon finely chopped fresh tarragon
- 3 tablespoon sliced almonds, toasted
- 12 butter lettuce leaves
- Sea salt to taste

Directions

Stir together all ingredients except almonds and lettuce in a medium bowl. Cover and refrigerate until ready to serve. Stir in almonds just before serving. Spoon about 1/4 cup mixture into each lettuce leaf.