

FUSION

FITNESS STUDIO

NUTRITION PER SERVING:

CALORIES 321
PROTEIN 26 G
CARBOHYDRATE 27 G
TOTAL FAT 13 G

PREP TIME: 30 MINUTES
COOK TIME: 30 MINUTES

YIELD: 4 SERVINGS
SERVING SIZE: 2 CUPS

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

