

Southwest Turkey Chopped Salad



Ingredients

- 2 cups cooked turkey breast, cubed
- 1 green pepper, diced
- 1 cup black beans
- 1 cup sweet yellow corn (canned or frozen and defrosted)
- 2 roma tomatoes, diced
- 4 green onions, washed and diced (white and green parts)
- 1 large romaine heart, washed and chopped
- 1/2 bunch cilantro, washed and chopped
- 2 cups crushed tortilla chips

Dressing

- 1/2 cup mayonnaise
- 1/2 cup sour cream
- 1/2 tablespoon ranch seasoning
- 1/2 tablespoon taco seasoning (30% reduced sodium version)
- 1/2 tablespoon lime juice
- salt & pepper, to taste

Instructions

1. In a large bowl, stir all salad ingredients together, excluding the tortilla chips.
2. In a small bowl, stir all dressing ingredients together until smooth.
3. When ready to serve, toss salad with dressing then gently stir in tortilla chips.

** Tip: This recipe is great for leftover turkey, rotisserie turkey breast, or bake 1 package of JENNIE-O® Extra Lean Boneless Turkey Breast Tenderloins.*

Calories 250 per 8-ounce serving; Total Fat 12g; Saturated Fa 2.5g; Trans Fat 0g; Cholesterol 35mg; Sodium 490mg; Total Carbohydrate 26g; Dietary Fiber 4g; Sugars 5g; Protein 13g

*Recipe courtesy of Lara Durben, Buffalo, MN;
find other turkey recipes
on her blog at MyOtherMoreExcitingSelf.com*

For more delicious recipes, visit www.minnesotaturkey.com



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Servings:
10

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