

# Turkey Spinach Salad with Beets

*From: DiabeticLivingOnline.com*

*Servings: 1 (3 1/4 cups)*

*Carbs per serving– 23 g.*

*Start to finish: 15 minutes*

## **Ingredients**

2 cups packaged fresh baby spinach

1/2 cup packaged refrigerated cooked whole baby beets or canned small whole beets, cut into thin wedges\*

1-1/2 ounces lower-sodium sliced smoked turkey breast, cut into strips, or 1/4 cup chopped cooked chicken breast

1/4 cup blueberries

2 tablespoons sliced red onion

2 tablespoons crumbled semisoft goat cheese (chevre) (1/2 ounce)

1 tablespoon orange juice

1 tablespoon balsamic vinegar

2 teaspoons olive oil

## **Instructions**

Place spinach in a salad bowl or on a plate. Top with beets, turkey, blueberries, red onion, and cheese.

For dressing: In a small airtight container, combine orange juice, vinegar, and oil. Cover and shake well. Drizzle dressing over salad. Makes 1 (3-1/4-cup) serving.

**Sides:** Six Alessi long thin breadsticks dipped in 2 tablespoons desired-flavor purchased hummus and a fresh pear

**To Tote:** Place salad in an airtight container; cover. Transport salad and dressing in an insulated lunch box with ice packs, but place lunch box in a refrigerator within 1 hour. Hold in the refrigerator for up to 6 hours. To serve, shake dressing and drizzle over salad. arugula is wilted, about 2 minutes.

**Per Serving:** 262 cal., 13 g total fat (3 g. sat. fat), 29 mg. chol., 383 mg. sodium, 23 g. carb., 4 g. fiber, 15 g. pro.