

Baby spinach, tomato & turkey salad



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Preparation: about 20 minutes

Serves: 4

A great way to use left-over Christmas turkey.

100g baby spinach leaves

2 green onions (shallots), trimmed and thinly sliced

300g tomato medley (like mini roma, tear drop, grape & kumatoes), halved lengthways

½ cup dried cranberries (craisins)

500g thinly sliced cooked turkey breast

Chive Cream Dressing

½ cup whole egg mayonnaise

½ cup light sour cream

1 tbs lemon juice

2½ tbs finely sliced chives

Salt and ground black pepper



Spinach

- Spinach is rich in an antioxidant called lutein, which is needed by the eyes, especially as we grow older
- Although the iron in spinach is not well absorbed, its high content of vitamins C, E, beta carotene (converts to vitamin A in the body), niacin (B3), folate, vitamin B6, magnesium and potassium make it one of the most valuable vegetables.

1. To make chive cream dressing, beat mayonnaise, sour cream and lemon juice until well combined in a small bowl. Add chives. Season with salt and pepper to taste. Stir to combine. Set aside.
2. Arrange spinach, green onions, tomatoes, craisins and sliced turkey on a serving platter or plates. Drizzle with chive cream dressing and serve.