



# Turkey Potato Salad

**Makes:** 2 Servings

## Ingredients

**6 ounces** turkey, cooked and diced

**1/4 cup** celery, chopped

**1 cup** potato (cooked, peeled, and diced)

**1 tablespoon** onion, chopped

**1/8 cup** green pepper, chopped

**2 tablespoons** salad dressing, mayonnaise-type

**1/4 teaspoon** prepared mustard

**1/8 teaspoon** salt

## Directions

1. Mix turkey, celery, potato, onion, and green pepper.
2. Mix salad dressing, mustard and salt. Stir lightly into turkey mixture.
3. Chill.

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>266</b>
Total Fat	11 g
Saturated Fat	2 g
Cholesterol	59 mg
Sodium	531 mg
Total Carbohydrate	15 g
Dietary Fiber	2 g
Total Sugars	2 g
Added Sugars included	1 g
<b>Protein</b>	<b>27 g</b>
Vitamin D	0 mcg
Calcium	35 mg
Iron	2 mg
Potassium	632 mg
N/A - data is not available	
<b>MyPlate Food Groups</b>	
 Vegetables	1/2 cup
 Protein Foods	3 ounces

**Source:** University of Maine Cooperative Extension bulletin #4333, Thrifty Recipes: Main Dishes.