



*This flavorful and hearty salad has been adapted from a recipe in Light and Tasty magazine and is a great way to use leftover turkey or chicken! Make your own curry powder to avoid the starches added to spice mixtures.*



# Curried Pineapple Turkey Salad

Serves 5-6

1 can (8 oz.) unsweetened (Dole) pineapple chunks OR 1 c. fresh pineapple chunks  
5 c. cubed turkey (or chicken) breast  
1 celery rib, thinly sliced  
1/3 c. raisins  
1 green onion, chopped  
1/2 c. Spectrum Organic mayonnaise  
1 Tbs. mustard  
1 tsp. curry powder (see recipe below)  
1/4 tsp. salt  
1/8 tsp. pepper  
6 lettuce leaves  
1 c. seedless red grapes, halved  
1/3 c. slivered almonds, toasted

Drain pineapple, reserving 2 Tbs. juice. In a large bowl, combine the pineapple, turkey or chicken, celery, raisins and onion. In a small bowl, combine the mayonnaise, mustard, curry, salt, pepper and reserved pineapple juice (or water). Stir into meat mixture.

Cover and refrigerate until serving. Spoon onto lettuce-lined plates; Top with grapes and almonds.

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## Curry Powder

4 tsp. ground cumin seeds  
4 tsp. ground coriander seeds  
4 tsp. turmeric  
1 tsp. cinnamon  
1/2 tsp. nutmeg  
1/2 tsp. cayenne  
1/2 tsp. black pepper  
1/2 tsp. ground cloves  
1/2 tsp. ground cardamom

Mix the spices together in a small glass jar: (Save extra for other recipes.)

