



BODYBUILDING.com™

Creamy Turkey Pasta Salad

Ingredients:

2 cups cooked whole grain pasta noodles (spirals tend to work best)
3/4 cup low fat Greek yogurt
2 tbsp low-cal or fat free mayonnaise
1 tsp white wine vinegar
2 tsp Dijon mustard
2 green onions, sliced
½ lb white turkey meat, cut into small pieces
2 stalks celery, finely chopped
1/2 cup red grapes, sliced
2 tbsp raisins
1/4 cup pecans, chopped

Directions:

1. Begin by cooking the pasta according to package directions.
2. Meanwhile, mix together the Greek yogurt, mayo, vinegar, and Dijon mustard.
3. In a bowl, toss together the turkey, drained pasta, celery, red grapes, and raisins.
4. Drizzle with dressing and toss to coat. Sprinkle pecans on top and toss one more time before serving.