

Crunchy Turkey Salad

Fig Balsamic Vinegar

1/3 cup EVOO, any variety

3 Tbsp Fig Balsamic

1 Tbsp poppy seeds

1/4 tsp black pepper

1 large head Bibb lettuce

2 cups of cooked turkey or chicken, diced

3 scallions, sliced

1 cup sliced almonds

1 cup chow mein noodle

In a small bowl, whisk together oil, balsamic, poppy seeds and pepper. Clean lettuce and chop; should yield about 8 cups. Transfer to a medium sized bowl and add turkey, scallions, almonds, noodles. Toss with dressing and serve immediately.