



**Nova Scotia
Apples**
Pick An Original



Light and Tasty Apple Lunch

- 1 cup cooked turkey or chicken, diced
- 2 medium Cortland apples
- 1/4 cup mayonnaise
- 1/2 tsp curry powder
- 1/2 cup chopped walnuts or slivered almonds

Core , but do not peel the apples. Dice. Blend turkey, apples mayonnaise and curry powder together. (Recipe may be prepared to this point and refrigerated to allow flavours to blend.) Just before serving add nuts and toss together. Serve on rice cakes, melba toast, bagels, pita pockets or your favourite bread.

Tip:

To reduce fat, decrease or omit nuts and use fat-free mayonnaise-type salad dressing. Diced celery could be added to increase crunchiness if nuts are omitted.

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