**Turkey & Tater Trot Salad**



**Program:** Consumer

**Short Description:** A bright and delicious salad perked up by potatoes.

**Long Description**: Vibrant spinach, roasted potatoes, grilled turkey, almonds, cranberries, and oranges make this salad a fall treat. Enjoy the flavors of harvest while they last.

**Servings/portion size:** 4

**Preparation Time:** 15 minutes

**Cooking Time:** 25 minutes

**Total Time:** 40 minutes

**Potato Type:** Fresh Potatoes

**Course:** Salad, Side, Entrée, Lunch, Dinner

**Ingredients:**

Roasted Potato Slices:

* 1 pound (454g) Fresh Potatoes, sliced (any potato can be used in this recipe, we chose to use yellows)
* 1 tablespoon (15ml) Olive Oil
* 2 teaspoons (6g) Lemon Pepper Seasoning
* 2 teaspoons (4g) Rubbed Sage

Grilled Turkey Breast:

* 1 pound (454g) Turkey Breast, sliced into ½-inch pieces
* 1 tablespoon (15ml) Olive Oil
* 2 teaspoons (2g) Poultry Seasoning
* 2 teaspoons (6g) Sea Salt

Salad:

* 6 cups (180g) Baby Spinach
* ¼ cup (37g) Red Onion, thinly sliced
* ½ cup (92g) Sliced Almonds
* 2 each (120g) Navel Oranges, peel removed and sliced thin
* ¼ cup (32g) Dried Cranberries

Maple Mustard Vinaigrette

* 3 tablespoons (45ml) Maple Syrup
* 2 tablespoons (30ml) Whole Grain Mustard
* 3 tablespoons (45ml) Apple Cider Vinegar
* ¼ teaspoon (~1g) Cayenne Pepper
* 4 tablespoons (60ml) Avocado Oil (Any Neutral Oil can be subbed)

**Preparation:**

1. Gather and scale all ingredients.
2. Preheat the oven to 375 F (190 C).
3. In a large bowl combine the potato slices along with the olive oil, lemon pepper seasoning, and sage. Toss until the potatoes are well coated and arrange the slices on a baking sheet and bake for 20 minutes or until the potatoes are golden and slightly crisp around the edges. Remove from the oven and set aside.
4. While the potatoes are roasting, prepare the turkey by heating a grill or a grill pan to medium-high heat. While the grill is preheating slice the turkey breast into ½-inch pieces and season with olive oil, poultry seasoning, and sea salt.
5. When the grill is ready place the turkey on the grill on each side for about 4 minutes, the turkey should still look moist and juicy with nice grill marks. If you have an instant-read thermometer the temperature should be 155 F (68 C), the meat will carry over cook to 165 F (74 C). Set aside until ready to use.
6. To make the vinaigrette, combine the maple syrup, mustard, vinegar, and cayenne together in a bowl. While whisking slowly drizzle in the oil until all of it has been incorporated. This dressing can be made up to 3 days in advance for the best quality.
7. You are now ready to build your salad. To get started, arrange 1 cup of baby spinach on each plate. Arrange ½ cup of sliced potatoes on and around the salad, followed by half an orange that has been sliced, a few pieces of red onion, 2 tablespoons of almonds, and 1 tablespoon of dried cranberries. Pair the salad with maple mustard vinaigrette.
8. Serve immediately.



Vitamin C: 33 mg