

Russian Salad Gorochek_— 4 servings

4 oz lean turkey sausage	¼ c diced cucumber
½ c sweet peas	¼ c diced pickles
1 small potato	½ c plain yogurt
1 large carrots	salt & pepper to taste
2 hard boiled eggs	

Recipe: 820 g, 825 Calories, 58 Pro, 69 Cho, 31 Fat, 820 Na

Serving: 206 Calories, 15 Pro, 17 Cho, 8 Fat, 205 Na



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This is a healthy version of this Russian salad. By substituting lean smoked turkey sausage for bologna and plain yogurt for mayonnaise you cut 33% of the calories and 75% of the total fat. You also increase the grams of protein per serving by 20%.

4 oz lean turkey sausage	¼ c diced cucumber
½ c sweet peas	¼ c diced pickles
1 small potato	½ c plain yogurt
1 large carrots	salt & pepper to taste
2 hard boiled eggs	

Peel and boil potatoes and carrots. Dice sausage, potatoes, carrots, eggs, cucumber and pickles.

In a large bowl combine all the ingredients. Toss together, serve and enjoy!