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!