## **Dilgard Produce**



## Salad Ideas: Cajun Turkey and Fresh Melon Salad

Juicy cantaloupe, ripe blueberries, and mixed greens add a burst of garden-fresh flavor to your dinner table. Not only is this salad full of seasonal ingredients, but it takes less than 20 minutes to prepare.

## ingredients

- 2turkey breast tenderloins, split in half horizontally (about 1 pound)
- 1tablespoon olive oil
- 1 1/2 teaspoons Cajun seasoning
- 6cups torn mixed greens
- 1 1/2 cups sliced cantaloupe
- 1cup fresh blueberries
- Crumbled Farmers Cheese (optional)
- Purchased Salad Dressing of your choice

1. Brush turkey pieces with olive oil. Sprinkle with Cajun seasoning. For a charcoal grill, grill turkey on the rack of an uncovered grill directly over medium coals for 12 to 15 minutes or until turkey is no longer pink (170 degrees F), turning once halfway through grilling. (For a gas grill, preheat grill. Reduce heat to medium. Place turkey on grill rack over heat. Cover; grill as above.) Slice turkey.

2. Arrange greens on a serving platter along with the turkey, cantaloupe and berries. Top with cheese and salad dressing.

## PRODUCT DESCRIPTION **Tossed Salad Color**

Pk/Size

Dilgard # P99024