

From the Elite Athletic Development Test Kitchen

*Recipes developed, created & adapted by
Elite Athletic Development / CrossFit Arlington Heights / CrossFit Axis Athletes*



Nutty Spinach, Turkey & Orange Salad

Taste-tested by Coach Karen; a Harvard School of Public Health recipe

- 7 cups fresh baby spinach
- 1 medium navel orange or large tangerine, peeled and cut into pieces
- 1 heaping cup cooked, diced turkey breast
- 2 scallions trimmed & chopped
- ¼ cup shelled, roasted pistachios
- ¼ cup coarsely chopped walnuts
- ¼ cup freshly squeezed orange juice
- 2 T white balsamic vinegar
- 1 T olive oil
- ½ t salt
- ½ t of the following: curry powder, smoked paprika & pepper

Combine spinach, orange, turkey, scallions, pistachios and walnuts in a large salad bowl.

Combine juice, vinegar, oil, salt, curry powder, paprika and pepper in a small bowl; stir well. Pour over salad just before serving; toss well. Serves four.



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