Turkey, Avocado and Kidney Bean Salad

2 large salads, each with half the cooked turkey, kidney beans, avocado and vegetables · Active 20 min · Total 20 min

Skills: Beginner with ordinary kitchen equipment

Ingredients

- Cooked roasted turkey breast, skin and bones removed (200 g/about 7 oz)
- About 1 1/3 cups canned red kidney beans, rinsed and thoroughly drained (240 g edible)
- 1 small ripe avocado, peeled and stoned (120 g edible flesh)
- 2 medium tomatoes, diced (200 g)
- About 3 cups chopped romaine lettuce, washed and dried (80 g)
- 1 tablespoon plus 1 teaspoon lemon juice (20 ml/about 20 g)
- 2 teaspoons olive oil (10 ml/about 9 g)
- 1 teaspoon prepared yellow mustard (5 g)
- 1/8 teaspoon black pepper (0.3 g)

Set out

Kitchen scale, Can opener if needed, Sieve, Clean knife and board, Large bowl and spoon, 2 salad bowls or lunch containers, Refrigerator

Allergens

Mustard; check prepared mustard and any seasoned turkey labels for other allergens. Check labels and substitutions.

Make it

1. Rinse canned beans briefly in a sieve, drain thoroughly and weigh the drained portion. Cut the already cooked, cold turkey into small bite-size pieces. Wash and dry the romaine; dice the tomatoes.

2. Stir lemon, oil, mustard and pepper in the bowl. Add beans, turkey and tomato and turn to coat. Halve the avocado, remove the stone, scoop and dice the flesh; fold it in gently.

3. Divide dry romaine between 2 bowls and add half the dressed mixture to each. Serve promptly, or keep the lettuce separate and refrigerate all perishable components until assembly.

A useful kitchen skill

Keep the original storage deadline attached to cooked poultry even after it becomes part of a new cold meal.

A useful detail

The 20-minute total starts with safely cooked and chilled turkey. The estimate uses roasted breast meat only and canned red kidney-bean drained solids; it is not a dry-bean cooking method.

Keep it well

Keep all perishable components at 40°F/4°C or below. Eat within 1 day for the best avocado and lettuce texture, never beyond the original turkey deadline. Refrigerate within 2 hours, or 1 hour above 90°F/32°C. Pack with two cold sources in an insulated bag and refrigerate on arrival where possible.