

# Turkey and Tomato Salad with Avocado Dressing

## Ingredients

- 1/4 cup low-fat buttermilk
- 1 tablespoon light mayonnaise
- 1 tablespoon fresh lime juice
- 1/2 teaspoon salt
- 1/8 teaspoon ground red pepper
- 1 garlic clove, peeled
- 1/2 ripe peeled avocado, seeded and coarsely mashed
- 4 cups bagged chopped butter lettuce
- 2 cups diced deli, lower-salt turkey breast (about 8 ounces)
- 1 cup of cherry tomatoes, cut in half

## Preparation

Combine first 7 ingredients in a blender, and process until smooth, scraping sides. Set aside.

Combine lettuce and remaining ingredients in a large bowl. Drizzle buttermilk mixture over lettuce mixture; toss gently to coat.

Serves 4