



Oriental Salad

Recipe Courtesy Chef Bryan Woolley

- 4 cups cooked pasta, drained and rinsed
- 1 cup chopped broccoli, blanched
- ½ cup snow peas, blanched
- ½ cup carrot sliced thin
- 1/3 cup almonds, chopped
- 1/3 cup chopped green onions
- 1 cup bean sprouts
- ½ cup dried cranberries
- 1 chopped red bell pepper

Dressing:

- ¼ cup olive oil
- 2 tbs rice wine vinegar
- 1 tbs freshly grated ginger
- 1 tbs soy sauce
- Sugar to taste
- Salt and pepper to taste

Serves 6

To blanch vegetables: Bring 4 cups of salted water to a boil. Add broccoli cook for 30 seconds, then add snow peas. Boil for another 30 seconds, remove and rinse in cold water. Combine all salad ingredients in a bowl. Mix dressing and combine with salad. Enjoy!

Nutrition Analysis

Serving Size: One 6th of recipe

Calories	308
Total Fat	15g
Saturated Fat	2g
Cholesterol	21mg
Sodium	190mg
Carbohydrate	41g
Fiber	4g
Protein	7g

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Diabetic Exchanges

Protein	1
Fat	3
Carbohydrate	3