



Oriental Salad

Serves 6

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 Tbsp rice wine vinegar
1 Tbsp freshly grated ginger
1 Tbsp soy sauce
Sugar to taste
Salt and pepper to taste

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!

Nutritional Analysis

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

Diabetic Exchanges:

Protein	1
Fat	3
Carbohydrates	3