



Pasta Salad

Preparation Time: 20 minutes

Number of Servings: 6

Ingredients

3 cups cooked tricolor spiral pasta (1-1/2 cups dry), (or 3 cups other cooked pasta)

1 large ripe tomato, cored, seeded, and chopped

1 medium green bell pepper, cored, seeded, and chopped

1 cup (4 ounces) shredded reduced-fat Cheddar cheese

1/2 cup black olives, drained and sliced

1/2 cup prepared fat-free Italian or Parmesan-pepper dressing

Directions

Combine all the ingredients; toss to mix. Chill to blend the flavors.

Nutrient Analysis:

Calories: 165

Carbohydrates: 22 grams

Fiber: 12 grams

Protein: 9 grams

Total fat: 4 grams

Saturated fat: 0 grams

Sodium: 355 milligrams



Source: The New Family Cookbook for People with Diabetes