

Zesty Marinated Salad



Ingredients

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|--|--------------------------------|
| 4 cups of broccoli florets | ½ pint cherry tomatoes, halved |
| 1 small zucchini, cut into 1-inch chunks | ¾ cup low-fat Italian dressing |
| 1 small yellow squash, cut into 1-inch chunks | ¼ cup balsamic vinegar |
| 1 medium-sized red bell pepper, cut into 1-inch chunks | 2 tablespoons honey |
| 1 small red onion, cut into ½-inch chunks | |

Nutrition Facts

Serving Size: 1 cup

Calories: 56
(2% from fat)

Fat: 1g (saturated 0g)

Carbohydrate: 11g

Protein: 2g

Cholesterol: 0mg

Fiber: 2g

Sodium: 271mg*

** To reduce the sodium content, choose a low-sodium dressing.*

In a large bowl, combine the broccoli, zucchini, yellow squash, red pepper, onion and tomatoes. In a small bowl, combine the remaining ingredients and mix well. Pour over the vegetable mixture and toss until well coated. Cover and chill for at least 2 hours before serving.

Source: American Diabetes Association, Diabetes Forecast magazine, August 2006

Picture may not represent actual recipe.

Serves 11

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