



Cilantro Pasta

1/2 pound angel hair pasta	1/2 cup cilantro leaves, washed and chopped
1/2 cup green peppers, washed and diced	1 cup tomatoes, washed and diced
1/2 cup green onions, washed, and chopped	1/2 cup fat-free Italian salad dressing
1/2 cup radishes, washed and sliced	

Directions

1. Wash hands with soap and water. Prepare pasta according to directions on package and drain.
2. Combine all ingredients and serve. **Yield:** 5 1-1/2 cup servings

Nutrition Facts (per serving): 192 *calories*, 1 *gram fat*, 353 *milligrams sodium*, 39 *grams carbohydrate*, 3 *grams fiber*, 3 *grams protein*

Source: Find this recipe and more at [University of Illinois Extension: Recipes for Diabetes.](#)

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