



PASTA WALDORF

May 25, 2011

Ingredients

8 ounces uncooked shell pasta
2 red delicious apples, peeled, cored and diced
1 stalk celery, chopped
½ cup chopped pecans
½ cup chopped raisins
⅓ cup lemon nonfat yogurt
⅓ cup reduced-fat mayonnaise

Preparation

1. Cook pasta according to package directions, omitting any salt or fat; drain. Rinse in cold water; drain again.
2. Combine pasta, apples, celery, pecans, raisins, yogurt and mayonnaise in large bowl. Toss gently until blended. Cover and chill 5 minutes.

Makes 6 servings

Dietary Exchanges: 2 Fat, 1 ½ Fruit, 2 Starch

Nutritional Information

Calories 320, Total Fat 11g, Saturated Fat 1g, Protein 7g, Carbohydrate 52g, Cholesterol <1mg, Dietary Fiber 5g, Sodium 118mg

DIABETIC COOKING, May/June 2011

HEALTHY COMMUNITIES HEALTHY PEOPLE PROGRAM

Providing guidance and support to make the “*healthy choice the easy choice.*”



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