

Crunchy Asian Snow Pea Salad

American Diabetes Association & the American Heart Association

Serves 4

Ingredients:

½ can sliced water chestnuts, drained, rinsed, and halved

½ cup finely chopped red onion

½ medium yellow bell pepper

3 ounces fresh snow peas, cut diagonally

Dressing:

2 tablespoons lime juice

½ teaspoon sugar

½ tablespoon oil

1 teaspoon gingerroot

Directions:

1. In a medium bowl stir together the salad ingredients (the first 4 ingredients)
2. Put the dressing ingredients into a jar with a tight fitting lid. Shake vigorously to blend well. Pour over the salad, toss gently.

Nutrition Facts

½ cup serving

Calories 50

Total Fat 2g

Cholesterol 0mg

Sodium 6 mg

Total Carbohydrates 8g

Fiber 1g

Sugar 5 g

Protein 1 g



United States Department of Agriculture

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