

Confetti Salad

Servings: 8

Preparation Time: 15 minutes

One 3/4-cup serving (prepared with part-skim mozzarella and one cup fat-free Italian dressing) equals 77 calories; 3 g fat, 8 mg cholesterol, 441 mg sodium, 7 g carbohydrates, 2 g fiber, 5 g protein.

Exchanges: 1 1/2 vegetable; 1/2 meat

6 cups torn salad greens

1 can (2-1/4 oz) sliced ripe olives, drained

1 small red onion, halved and sliced

1/2 cup sweet red pepper, chopped

1/2 cup sweet yellow pepper, chopped

1/2 cup shredded red cabbage

1 cup (4 oz) shredded mozzarella cheese

1 1/2 cups Italian salad dressing

In a bowl, toss the greens, olives, onion, peppers, cabbage and cheese.

Serve with dressing.

Per Serving (excluding unknown items): 265 Calories; 25g Fat (82.5% calories from fat); 4g Protein; 8g Carbohydrate; 1g Dietary Fiber; 13mg Cholesterol; 407mg Sodium. Exchanges: 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 4 1/2 Fat.