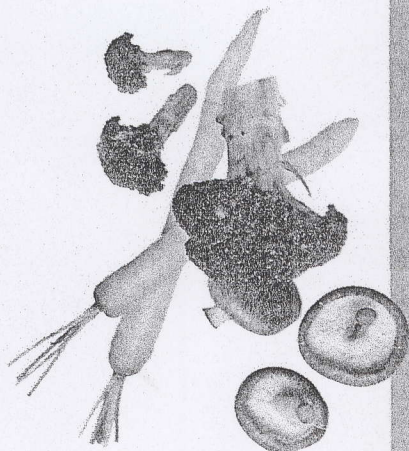


AmMed®/Better Care



- 2 cups cauliflower, broken into florets
- 1 1/2 cups broccoli, broken into florets
- 1/2 green pepper, sliced
- 1/2 cup onions, sliced
- 1 cup mushrooms, sliced
- 1/4 cup carrots, sliced
- 1/4 cup celery, sliced
- 1 cucumber, sliced
- 1/2 cup fat-free Italian salad dressing

1. Mix together all ingredients.

2. Chill and serve.

Per serving: 26 calories, 4 carbohydrate, 1 g protein, 1 g fat, 1 g fiber, 90 mg sodium, 160 mg potassium, 15 mg calcium

Diabetic food exchange: 1 vegetable