

bow ties with walnut-herb pesto

Nutrition Facts: 1 cup equals 323 calories, 17 g fat (3 g saturated fat), 3 mg cholesterol, 252 mg sodium, 34 g carbohydrate, 6 g fiber, 10 g protein. **Diabetic Exchanges:** 2-1/2 fat, 2 starch.

grilled chicken with berry-wine sauce

Nutrition Facts: 1 chicken breast half with 2 Tbsp. sauce equals 251 calories, 4 g fat (1 g saturated fat), 94 mg cholesterol, 378 mg sodium, 13 g carbohydrate, 3 g fiber, 35 g protein. **Diabetic Exchanges:** 5 lean meat, 1/2 starch, 1/2 fruit.

zesty dill tuna sandwiches

Nutrition Facts: 1 sandwich equals 346 calories, 13 g fat (3 g saturated fat), 34 mg cholesterol, 877 mg sodium, 29 g carbohydrate, 4 g fiber, 27 g protein. **Diabetic Exchanges:** 3 lean meat, 2 starch, 1-1/2 fat

heirloom tomato tart

Nutrition Facts: 1 slice equals 236 calories, 14 g fat (6 g saturated fat), 16 mg cholesterol, 270 mg sodium, 24 g carbohydrate, 2 g fiber, 4 g protein.

grilled summer squash

Nutrition Facts: 3/4 cup equals 124 calories, 7 g fat (1 g saturated fat), 0 cholesterol, 159 mg sodium, 15 g carbohydrate, 3 g fiber, 3 g protein. **Diabetic Exchanges:** 2 vegetable, 1-1/2 fat.

grilled pork chops with apricot glaze

Nutrition Facts: 1 pork chop equals 399 calories, 12 g fat (4 g saturated fat), 82 mg cholesterol, 549 mg sodium, 39 g carbohydrate, 1 g fiber, 34 g protein.

greek sloppy joes

Nutrition Facts: 1 sandwich equals 335 calories, 10 g fat (4 g saturated fat), 52 mg cholesterol, 767 mg sodium, 36 g carbohydrate, 3 g fiber, 23 g protein. **Diabetic Exchanges:** 3 lean meat, 2 starch, 1 vegetable.

veggie bean tacos

Nutrition Facts: 2 tacos (calculated without sour cream) equals 378 calories, 16 g fat (4 g saturated fat), 13 mg cholesterol, 517 mg sodium, 52 g carbohydrate, 10 g fiber, 13 g protein.