

# It's Cooking Time For People With Diabetes

(NAPSA)—Eating healthy foods is one way to give your body the energy it needs. And for people with diabetes, eating the right foods plays a big role in helping to properly manage the disease. Since people with diabetes are at an increased risk for heart disease and stroke, it's important to incorporate meals that are not only diabetes-friendly, but heart-healthy too.

Diabetes and its cardiovascular risks can be managed with proper meal planning, physical activity and medications. Managing not only your blood sugar but also blood pressure and cholesterol are important. Quitting smoking and losing weight will help, too.

There are plenty of recipes that taste great and are healthy for people with diabetes and their families, too. Here's one to try: chicken pasta salad with fresh mozzarella—a refreshing dish that's easy to prepare.

## Chicken Pasta Salad with Fresh Mozzarella

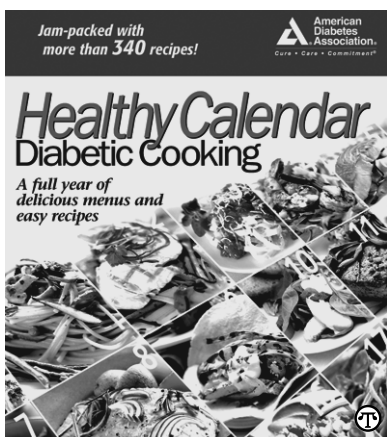
Makes: 9 servings  
Serving Size: 1 cup  
Prep Time: 15 minutes

### Ingredients:

- 5 tablespoons balsamic vinegar
- 2 tablespoons olive oil
- ½ teaspoon Dijon mustard
- 8 ounces uncooked penne pasta
- ¾ pound boneless, skinless chicken breasts, cooked and cubed
- 4 ripe plum (Roma) diced tomatoes
- ¼ cup chopped flat-leaf parsley
- 6 ounces fresh cubed Mozzarella cheese

### Instructions:

- 1) In a small bowl, whisk together dressing ingredients, then set aside to marinate.
- 2) Cook pasta according to package directions, omitting salt.



## PASTA PERFECT—Chicken Pasta Salad with Fresh Mozzarella.

When pasta is ready, remove from heat and drain pasta. Run under cold water until pasta cools.

3) In a large bowl, toss cooled pasta with cooked chicken, tomatoes.

4) Drizzle dressing over the salad and shake to coat.

### Content:

- 1½ Starch, 2 Lean Meat
- Calories: 224
- Calories from Fat: 71
- Total Fat: 8 g
- Saturated Fat: 3 g
- Cholesterol: 29 mg
- Sodium: 132 mg
- Total Carbohydrate: 22 g
- Dietary Fiber: 1g
- Sugars: 3g
- Protein: 16g

From the American Diabetes Association book "Healthy Calendar Diabetic Cooking." To order, visit <http://store.diabetes.org> or call 1-800-232-6733 (order code: 4645-01; price: \$19.95).

The American Diabetes Association and the American College of Cardiology are working together on an education initiative called *Make the Link! Diabetes, Heart Disease and Stroke*, which encourages people with diabetes to get smart about their health. To learn more, call 1-800-DIABETES (1-800-342-2383) or visit [www.diabetes.org/MaketheLink](http://www.diabetes.org/MaketheLink).