

- 1-1/2 pounds radishes, very thinly sliced
- 1-1/2 pounds medium carrots, thinly sliced
- 6 green onions, chopped
- 1/4 cup coarsely chopped fresh cilantro
- **dressing:**
- 1 teaspoon grated lemon zest
- 1 teaspoon grated orange zest
- 3 tablespoons lemon juice
- 3 tablespoons orange juice
- 2 tablespoons extra virgin olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Directions

- In a large bowl, combine radishes, carrots, onions and cilantro. In a small bowl, whisk dressing ingredients until blended. Pour over salad; toss to coat. Refrigerate, covered, at least 1 hour before serving.

Nutrition Facts

2/3 cup: 51 calories, 2g fat (0 saturated fat), 0 cholesterol, 145mg sodium, 7g carbohydrate (4g sugars, 2g fiber), 1g protein. **Diabetic Exchanges:** 1 vegetable, 1/2 fat.