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## Healthy Tasty - American Diabetes Association

Web(From 15-Minute Diabetic Meals, p. 37) Serves 4: Serving size 1 sandwich Ingredients: • 8 slices center-cut reduced-sodium turkey bacon • 8 low-calorie high-fiber multigrain or whole-wheat sandwich bread slices • 1/4 cup reduced-fat mayonnaise • 3/4 teaspoon chopped fresh rosemary, or 1/4 teaspoon dried rosemary, crumbled

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