



Crunchy Ramen Coleslaw

6 Servings

This coleslaw is full of flavor and crunch. Ramen noodles can be found in the Asian or soup aisles of the grocery store.

Salad:

3 cups shredded cabbage
2 green onions (scallions), finely sliced
1 cup grated carrot
3 Tablespoons sunflower seeds

½ package ramen noodles, uncooked (seasoning removed)

Dressing:

2 Tablespoons olive oil
2 Tablespoons balsamic vinegar
1 Teaspoon low sodium soy sauce
Ground pepper to taste

In a small bowl, mix together dressing ingredients.

In a large bowl, combine salad ingredients cabbage, green onions, carrots and sunflower seeds. Break block of ramen noodles in half. Using a rolling pin or glass bottle roll over uncooked noodles to break into small pieces.

Toss salad with dressing adding noodles right before serving.

Nutrition Information

Calories: 106
Total fat: 7g
Saturated fat: 1.3g
Carbohydrates: 9.7g
Fiber: 1.7g
Protein: 2g

Recipe adapted from Feeding the Whole Family by Cynthia Lair.