



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.

Dressing:

2 Tablespoons olive oil
2 Tablespoons balsamic vinegar
1 teaspoon low-sodium soy sauce
ground pepper to taste

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)

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