

Cabbage and Ramen Noodle Salad

Serves 6

SALAD:

- 1 small head red or green cabbage, chopped finely (or use ½ of each)
- 2 green onions, chopped
- 1 carrot, washed well and grated
- 1 package ramen noodles, dry, crushed

DRESSING:

- 3 tablespoons vegetable oil
- 3 tablespoons vinegar
- 2 tablespoons sugar
- 1 ramen noodle seasoning package
- ¼ teaspoon pepper
- 1 tablespoon light soy sauce

1. Make dressing by combining ingredients in a bowl.
2. Combine cabbage, green onion and carrot in a large bowl, toss well. Add crushed ramen noodles and dressing and toss again.
3. Serve right away or cover and refrigerate to allow flavors to blend and noodles to soften.

Nutrition information: calories 173, fat 7g, saturated fat 1g, sodium 289 mg, carbohydrates 25 g, fiber 4 g, protein 3 g. nutritiondata.com

Healthy Tips

- ✓ Blanch or lightly steam cabbage to make it easier to chew and digest.
- ✓ To decrease sodium, add only 1 teaspoon of ramen seasoning package OR omit soy sauce.
- ✓ For more protein, add 1 chopped boiled egg OR add 1 cup cooked poultry, meat, or fish.
- ✓ Diabetics: use a sugar substitute in place of sugar to decrease the total carbohydrates.

"I didn't have cabbage so I used broccoli stems and carrots that I shredded on a grater. I love this in the summer because there is no cooking! I mix it up in the morning, put it into the refrigerator and by dinner time it's ready to serve."

