

Asian Cabbage Salad

Ingredients:

- 1 package ramen noodles
- 1 1/2 Tbsp sunflower seeds
- 1 tsp oil
- 1 lb each green and red cabbage, sliced thin
- 1 carrot, peeled and grated

Dressing:

- 1/4 cup rice vinegar
- 2 Tbsp oil
- 2 Tbsp honey or sugar
- 2 tsp soy sauce
- 1/2 tsp sesame oil



Directions:

1. Throw away flavor packet from the ramen; crumble the noodles into a medium bowl.
2. Add sunflower seeds and oil and stir to coat.
3. In a small skillet, toast ramen noodle mixture over medium heat until golden brown.
4. Whisk dressing ingredients together.
5. Mix dressing, cabbage, carrots and ramen together just before serving.

Optional add-ins; adjust to taste:

Green onions - Garlic - Ginger

MICHIGAN STATE
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Extension

Jane Rapin, RD, CDE

Community Nutrition Instructor

231-922-4858

rapinjan@msu.edu

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