

Broccoli Ramen Noodle Salad

Recipe Type: Side Dish

Serves: 8

Prep Time: 5

Cooking Time: 20

C means cup **T** means tablespoon **t** means teaspoon **oz** means ounce

What you need:

- 3 C broccoli, fresh, chopped
- 1½ C carrot, fresh, grated
- 1½ C purple cabbage, shredded
- ¾ C green onion tops, chopped
- ¾ C nuts, almonds, sliced (optional)
- ¼ C sesame seeds (optional)
- 1 (3oz) chicken ramen noodles, uncooked and broken
- 2 T honey
- ¼ C olive oil
- ⅓ C vinegar
- ½ chicken flavored ramen noodle seasoning packet



This is a picture of 1 serving.

What to do:

1. Wash your hands.
2. In a large bowl, combine the broccoli, carrots, cabbage, green onions, sliced almonds, sesame seeds, broken and uncooked noodles.
3. For the dressing, mix together the honey, oil, vinegar and ramen noodle seasoning packet.
4. Pour over salad and toss to coat evenly.
5. Serve and enjoy!

Nutrition Facts

Serving Size 1/2 C	
Amount Per Serving	
Calories 170	Calories from Fat 100
%Daily Value*	
Total Fat 11 g	17%
Saturated Fat 2 g	10%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 135 mg	6%
Total Carbohydrate 15 g	5%
Dietary Fiber 3 g	12%
Sugars 7 g	
Protein 3 g	
Vitamin A 80%	
Vitamin C 60%	
* Percent Daily Values are based on a 2,000 calorie diet.	

FK=7.8

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