

Chinese Cabbage Ramen Noodle Salad

Recipe Type: Side Dish

Serves: 4

Prep Time: 5

Cooking Time: 10

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

What you need:

- 1 head cabbage, finely chopped
- 4 green onions (chopped)
- 2 T butter
- 2 T peanut butter
- 2 T soy Sauce
- 1 pkg. ramen noodles (crumbled)
- ½ C canola oil
- ¼ C sesame seeds
- ¼ C sliced almonds
- ¼ C rice Vinegar

What to do:

1. Preheat oven to 350 degrees fahrenheit. Toss the cabbage with the green onions.
2. Melt butter on a cookie sheet and place the ramen noodles, sesame seeds and almonds on it.
3. Bake until lightly toasted. Allow to cool.
4. Prepare the dressing by mixing 2 tbsp. peanut butter and 1/2 C canola oil.
5. Heat mixture in microwave for 20-30 sec.
6. Mix in 2 T, 1/4 C rice vinegar and 2 tbsp. soy sauce.
7. Mix the dressing with the salad before serving. Add noodles, sesame, and almond topping at the end and you've got yourself a healthy yummy dish.
8. Enjoy!



This is a picture of 1 serving.

Nutrition Facts

Serving Size 1 C

Amount Per Serving

Calories 200 Calories from Fat 100

%Daily Value*

Total Fat 11 g 17%

Saturated Fat 3 g 15%

Trans Fat 0 g

Cholesterol 10 mg 3%

Sodium 55 mg 2%

Total Carbohydrate 21 g 7%

Dietary Fiber 7 g 28%

Sugars 8 g

Protein 6 g

Vitamin C 170%

Calcium 15%

* Percent Daily Values are based on a 2,000 calorie diet.

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