

Oriental Cabbage Salad

*Rae Fenton - Ocean Shores, WA
Silverdale, WA. Chamber Of Commerce Favorite Recipes - 1991*

*1/2 head shredded cabbage
1/2 cup slivered almonds
2 tablespoons sesame
seeds
1 boneless/ skinless
chicken breast, cooked and
cubed
1 package Top Ramen
chicken noodles, crumbled
chopped green onions
(optional)*

DRESSING

*2 tablespoons rice vinegar
1/2 cup salad oil
1 teaspoon salt
1 teaspoon MSC (optional)
1 package Top Ramen
seasoning
1 teaspoon pepper
2 tablespoons sugar*

In a bowl, mix the rice vinegar, salad oil, salt, MSG, Ramen seasoning, pepper and sugar. Blend well.

In a bowl, place the cabbage, almonds, sesame seeds, chicken, Ramen noodles and green onions. Mix together at least 30 minutes before serving. Pour the dressing mixture over the top and toss.

*Toast the almonds and
sesame seeds for 5 to 10
minutes at 350 degrees.*

Per Serving (excluding unknown items): 1607 Calories; 156g Fat (84.1% calories from fat); 19g Protein; 48g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 2149mg Sodium. Exchanges: 1 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 30 Fat; 2 Other Carbohydrates.