

Broccoli-Slaw Salad

Eva Kemp

Feasting With Friends - Martin Memorial Auxiliary, Inc - 2011

*1 bag broccoli slaw
1 red pepper, chopped
1 cup ranch style flavored
sliced almonds
1/2 cup sunflower seeds
1 package Ramen chicken
noodles
1/3 cup rice vinegar
1/3 cup olive oil*

Mix the Ramen noodles with 1/3 cup of rice vinegar and 1/3 cup of olive oil.

In a bowl, mix all of the ingredients together.

Let sit about one hour.

Per Serving (excluding unknown items): 1084 Calories; 107g Fat (84.8% calories from fat); 17g Protein; 26g Carbohydrate; 10g Dietary Fiber; 0mg Cholesterol; 5mg Sodium. Exchanges: 1 Grain(Starch); 2 Lean Meat; 1 Vegetable; 20 1/2 Fat; 1/2 Other Carbohydrates.