

Crunchy Cabbage Slaw

Carol Maxwell

Feasting With Friends - Martin Memorial Auxiliary, Inc - 2011

*1 package (3 ounce)
Ramen noodle soup mix
1/4 cup sliced almonds
1/3 cup canola oil
1/4 cup cider vinegar
2 1/2 tablespoons sugar
1 small green cabbage leaf,
shredded
1 small carrot, grated
3 green onions, sliced*

Preparation Time: 30 minutes

Bake Time: 10 minutes

Preheat the oven to 350 degrees.

Remove the vegetable packet from the soup mix and reserve. Break the Ramen noodles into pieces. Place on a lightly greased baking sheet. Add the sliced almonds.

Bake, stirring occasionally, for 5 to 10 minutes or until toasted. Set aside.

Whisk together the reserved flavor packet, oil, vinegar and sugar in a bowl until blended.

Chill for one hour.

Toss together the cabbage, carrot, onions and dressing in a large bowl.

Place the noodles around the outside edge of the cabbage mixture. Top with almonds.

Per Serving (excluding unknown items): 1029 Calories; 91g Fat (76.6% calories from fat); 9g Protein; 53g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 41mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 2 1/2 Vegetable; 17 1/2 Fat; 2 1/2 Other Carbohydrates.