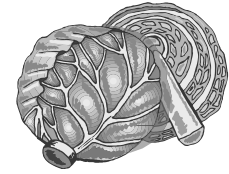




## *Cabbage Noodle Salad*

*Makes 6 servings*



Washington Farmers  
Market Nutrition Program

### **DRESSING:**

- 3 Tablespoons vegetable oil
- 3 Tablespoons vinegar
- 2 Tablespoons sugar
- 1 ramen noodle seasoning pkg.
- 1/4 teaspoon pepper
- 1 Tablespoon light soy sauce

### **SALAD:**

- 1 small head red or green cabbage, chopped finely (or use 1/2 of each)
- 2 green onions, chopped
- 1 carrot, washed well and grated
- 1 package ramen noodles, crushed

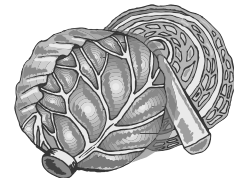
### **Directions:**

1. Make dressing by combining ingredients in a bowl. Whisk to dissolve sugar.
2. Combine cabbage, green onion and carrot in a large bowl, toss well. Add crushed ramen noodles and dressing and toss again.
3. Serve right away or cover and refrigerate to allow flavors to blend and noodles to soften.



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<b>Nutrition Facts</b>	
Servings Per Recipe 6	
<b>Amount Per Serving</b>	
<b>Calories</b> 180	Cal. from Fat 88
<b>% Daily Value*</b>	
<b>Total Fat</b> 10g	<b>15%</b>
Saturated Fat 2g	<b>10%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 360mg	<b>15%</b>
<b>Total Carbohydrate</b> 22g	<b>8%</b>
Dietary Fiber 3g	<b>15%</b>
Sugars 4g	
<b>Protein</b> 3g	
Vitamin A 60%	Vitamin C 65%
Calcium 6%	Iron 8%
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

## *Cabbage Noodle Salad*

### OPTIONS

- ◆ Blanch or lightly steam cabbage to make it easier to chew and digest.
- ◆ To decrease sodium, add only 1 teaspoon of ramen seasoning package OR omit soy sauce.
- ◆ For more protein, add 1 chopped boiled egg OR add 1 cup cooked poultry, meat, or fish.
- ◆ Add 1 cup green peas
- ◆ Cut recipe in half for less servings.

This material funded by USDA's Food Stamp Program; the Farmers Market Nutrition Program; and Washington State University. Washington State University is an equal opportunity provider and employer.

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