



# Ramen Cabbage Salad

Servings 6 | Prep time 5 mins. | Total time 5 mins.

## Equipment:

Large bowl

Small bowl

## Utensils:

Fork or stirring utensil

Measuring cups and spoons

## Ingredients

### *For the Salad*

5 cups cabbage, shredded

2 cups broccoli, chopped

1 cup carrots, shredded

1/2 cup green onions, chopped

1 package chicken flavored ramen noodles, crushed

### *For the Dressing*

1 ramen seasoning packet

3 tablespoons apple cider vinegar

1 tablespoon sugar

2 tablespoons olive oil OR vegetable oil

# Instructions

1. Before you begin, wash your hands, surfaces, utensils, and produce.
2. In a large bowl, combine cabbage, broccoli, carrot, green onions, and uncooked ramen noodles.
3. For the dressing, combine ramen seasoning packet, vinegar, sugar, and oil in a small bowl. Stir well.
4. Pour dressing over salad. Toss to coat. Refrigerate for 1 hour, or until ready to be served.

## Nutritional Information:

Calories 150   Total Fat 7g   Sodium 300mg   Total Carbs 18g   Protein 4g