



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