

Suitland Dine & Learn

August 2018: Eat to Live

Chinese Ramen Cabbage Salad

Courtesy of Jessica Yamamoto, MS

Ingredients

5 cups of shredded cabbage
2 cups of chopped broccoli
1 shredded carrot
1/2 cup chopped green onions
1 package chicken flavored ramen noodles crushed – save the seasoning, you will use it for the dressing
3 Tablespoons apple cider vinegar
1 Tablespoon sugar
2 Tablespoons oil

Cost per serving: \$1.00

Directions

1. In a large bowl, mix cabbage, broccoli, carrot, green onions and uncooked ramen noodles.
2. For the dressing, combine the ramen seasoning packet, vinegar, sugar and oil in a small bowl. Stir well.
3. Pour dressing over salad. Toss to coat. Refrigerate until served.
4. Refrigerate leftovers within 2 hours.

Nutrition Information	<i>Amount Per Serving</i>	
Number of Servings: 8	Total Fat: 3.5 g	Total Carbs: 14 g
Serving Size: 1 cup	Cholesterol: 0 mg	Dietary Fiber: 3 g
Calories: 100	Sodium: 65 mg	Protein: 2 g



HEALTH TIPS

DID YOU KNOW??? One cup of cabbage has just 22 calories but **85%** of recommended daily intake of Vitamin K and **54%** of recommended daily intake of Vitamin C! Not to mention, Folate, Calcium, Potassium which are important for metabolism and nervous system function. Eat up!