Cabbage Salad

Ingredients:

1 package ramen noodles

11/2 Tbsp sunflower seeds

1 tsp oil

1 lb each green and red cabbage, sliced thin

1 carrot, peeled and grated

Dressing:

1/4 cup rice vinegar

2 Tbsp oil

2 Tbsp honey or sugar

2 tsp soy sauce

1/2 tsp sesame oil



Directions:

- 1. Throw away flavor packet from the ramen; crumble the noodles into a medium bowl.
- 2. Add sunflower seeds and oil and stir to coat.
- 3. In a small skillet, toast ramen noodle mixture over medium heat until golden brown.
- 4. Whisk dressing ingredients together.
- 5. Mix dressing, cabbage, carrots and ramen together just before serving.

Optional add-ins; adjust to taste:

Green onions - Garlic - Ginger



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