

Oriental Coleslaw

A friend, Nora Pacer, gave me this recipe and I love the taste of this unusual salad. It is a great dish to take to a party. You can use less oil and save on those calories.

3 ounces dried Top Ramen
Oriental flavor noodle soup

1 pound Cole Slaw mix
2 to 3 green onions or
small red onion, chopped
1/2 cup dry roasted sunflower kernels

DRESSING:

Top Ramen Oriental seasoning packet
1/3 cup sugar
1/4 cup vinegar
1/4 cup to 1/2 cup oil



Crush noodles; add coleslaw mix, onion, and sunflower seeds.

DRESSING:

Mix dressing and add to salad.

Refrigerate one hour before serving.

Yield: 6 to 8 servings.

NOTE: The Top Ramen Oriental noodles are easily found in your supermarket and are very inexpensive. I used raw sunflower seeds and roast them in a 350 degree oven for about 15 minutes or until lightly browned.

I make my own Cole Slaw mix by chopping cabbage, carrot and green pepper. The rest of the ingredients are mentioned above.

Salad can be stored in refrigerator for 3 days.