

Cooking with the DIETITIANS

CRUNCHY ASIAN-INSPIRED RAMEN NOODLE SALAD

Time: 10 minutes / Servings: 8

INGREDIENTS

Salad

- 1 bag coleslaw mix
- 2 packages ramen noodles
- 1 cup shelled and cooked edamame
- 1 red bell pepper, chopped
- 1 avocado, diced
- 1 can diced pineapple, drained
- ½ cup sliced almonds
- ½ cup green onions, thinly-sliced

Dressing

- ¼ cup vegetable oil
- 1/3 cup honey
- 1/3 cup apple cider vinegar
- 2 tsp low-sodium soy sauce
- 1 tsp black pepper



DIRECTIONS

1. Chop all salad is ingredients as specified. Place in large bowl.
2. In small bowl, add dressing ingredients. Whisk together until combined. Pour over salad and toss.
3. Enjoy!

NUTRITION FACTS (PER SERVING):

Calories: 254 Total Fat: 13g Saturated Fat: 2g Carbohydrates: 35g Protein: 7g Fiber: 6g Sodium: 239mg Potassium: 374mg Vitamin A: 26% Vitamin C: 82% Calcium: 6% Iron: 11%

Recipe adapted from: <http://gimmesomeoven.com/crunchy-asian-ramen-noodle-salad>

A collaboration with USF Dining