



Crunchy Napa Cabbage Salad

- Dressing:
- 1/2 cup canola oil
- 1/3 cup sugar
- 3 Tbsp. cider vinegar
- 1 Tbsp. reduced-sodium soy sauce
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- Salad:
- 2 (3.5-oz.) packages ramen noodles (discard flavoring packet)
- 1 Tbsp. canola oil
- 1 Tbsp. sesame seed
- 4 cloves garlic, crushed
- 1 large head napa cabbage, thinly sliced
- 1/2 cup Almond Accents® Honey Roasted Flavored Sliced Almonds



Preparation Time : 10 minutes

In small saucepan, combine oil, sugar, vinegar and soy sauce. Simmer for 1 minute; cool. With a rolling pin, crush noodles into small pieces. In skillet, heat oil over low heat. Add noodles, sesame seed and garlic. Cook, stirring frequently, about 5 minutes or until golden brown. In large salad bowl, toss noodle mixture and cabbage with dressing. Sprinkle with Almond Accents.

Makes 6 servings

Nutrition Information Per Serving: 430 calories; 27 g fat; 0 mg cholesterol; 223 mg sodium; 42 g carbohydrate; 6 g fiber; 7 g protein

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