

CVIDS' Salad

(You Gotta Love This Salad)
Keith Riewerts, Long Grove, Iowa

I've modified (and renamed) this recipe a little from Charlie Abplanalp, an orchestra teacher and long-time friend from Central High School in Davenport. There are many variations, but you'll soon find the way you like it best. RKR

1 small head of cabbage, shredded, or 1 pkg. slaw cabbage from produce
3•4 green onions or chop 1/4 sweet onion (to taste)
1 ea. 3 oz. pkg. Ramen Pride Oriental flavored noodles crushed (use dry)
(You can experiment with other Ramen noodles flavor packets e.g. pork)
1/2 C. sunflower nuts (dry roasted if possible)
1/2 C. slivered or sliced, toasted almonds
Shredded carrots (optional) to add color
1/2 can chopped water chestnuts (optional) to add more crunch

DRESSING (whisk the following in a separate bowl)
3 T. sugar or 3 T. Splenda (for us diabetics)
2 T. White wine vinegar, apple or Balsamic vinegar (suit to your taste)
1/2 C. oil (Safflower, Light olive or Healthy Balance)
Flavor pkt. from Ramen noodles

Combine cabbage, onions and optional carrots.
Pour the dressing over cabbage mixture and mix.
Just before serving, add nuts and noodles and toss thoroughly. Enjoy!

Serves approx. 8

It's still tasty the 2nd day, but it the nuts lose their crunchiness.