



Healthy Crunchy Asian Salad

This salad is delicious and flexible. In place of fresh oranges, you can use 2 cans (11 ounces) mandarin oranges packed in light syrup or juice. Instead of the store purchased coleslaw mix, use about 7 cups total of fresh shredded cabbage and carrots, combined. Turn into a dinner salad by added shredded cooked chicken. If you plan to enjoy it for more than one meal, don't mix in the noodles because they'll become soft when refrigerated overnight. Instead add a few as a topping to individual salads. (2/3 cup each)

Dressing

1/3 cup canola oil	1 16-ounce bag coleslaw mix (shredded cabbage/carrots)
1/3 cup rice oil	2 medium green onions, sliced (1/2 cup)
3 tablespoons sugar	1/2 cup (2 ounces) sliced almonds
1/4 teaspoon salt	2 seedless oranges, peeled, coarsely chopped (1 1/2 cups)
1/2 teaspoon pepper	

Salad

- 2 cups coarsely chopped Fresh baby spinach
- 3oz pkg ramen noodle soup mix (any flavor)

1. In a large bowl, beat dressing ingredients with a wire whisk until sugar is dissolved and mixture is well blended.
2. Break up ramen noodles in bag before opening. Discard seasoning packet from soup package. Add noodles and all remaining ingredients except oranges and spinach leaves.
3. Toss to mix well. Stir oranges and spinach.
4. Serve immediately, or refrigerate up to 8 hours.

Nutrients per serving: 110 calories, 1 gram protein, 7 grams fat, 9 grams carbohydrate, 2 grams fiber, 150 milligrams sodium. From www.livebetteramerica.com

Find additional healthy recipes at:

<http://ext.vt.edu/food-health/family-nutrition-program/recipes.html>
<https://blogs.ext.vt.edu/eatsmart-movemore/2017/04/13/2017-spring-recipes/>