

Recipe Name Asian Ramen Salad
Type of Meal Main Dish

Ingredients

Coleslaw Mix

Shredded Carrots

Edamame

Green Onions

Mandarin Oranges

Ramen Noodles

Almonds + Sesame Seeds

Dressing



Tips and steps:

Coleslaw Mix – Shredded cabbage forms the crunchy base for this salad. Use a coleslaw mix for an easy coleslaw ramen noodle salad, or shred your own. (Ingredient swap – Instead of a traditional coleslaw mix made with cabbage, use broccoli slaw to make a broccoli ramen salad.)

Shredded Carrots – To boost the vegetable content. They make the salad more colorful too.

Edamame – Not at all traditional, but perfect in every way here. Make the ramen salad buttery and more satisfying.

Green Onions – For a bit of zip.

Mandarin Oranges – They add a delicious sweetness to the salad and are pretty much mandatory by all ramen noodle salad standards.

Ramen Noodles – For that classic, addictive crunch that gives the recipe its name.

Almonds + Sesame Seeds – Two bonus ingredients that become delightfully flavorful once toasted and help make this ramen noodles coleslaw crunch salad feel complete.

Dressing – A big opportunity to slim down this crunch ramen salad was in the dressing. I used a moderate amount of heart-healthy olive oil, rice vinegar, soy sauce, and honey. The revamped dressing is sweet and salty, well balanced, and loads better for you than the original.

Directions: Toast the ramen noodles, almonds, and sesame seeds in the oven. Stir the dressing ingredients together. Toss it all together. Finish with the oranges. Enjoy!

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