

Crunchy Ramen Salad

Makes about 4 cups

3 cups chopped red cabbage	2 T cider vinegar
1 1/2 cups shredded sweet potato	3 T Olive oil
1/2 cup finely sliced sweet onion	2 t prepared mustard
1 t paprika	1 t ginger powder
1 T sugar	1 t soy sauce
1 pkg. ramen noodles, crushed	

In a medium bowl combine cabbage, sweet potato, and sweet onion. In a small bowl combine remainder of ingredients except noodles and stir until incorporated. Pour the dressing over the vegetables and toss thoroughly. Refrigerate at least 1 hour. Just before service sprinkle the noodles over the salad toss to mix.



Nutrition information per serving (1/3 cup): 70 calories, 4 fat (0.5 g saturated fat), 1g protein, 135mg sodium, 1g dietary fiber. Excellent source of vitamins A and C.

