

Oriental Noodle Slaw

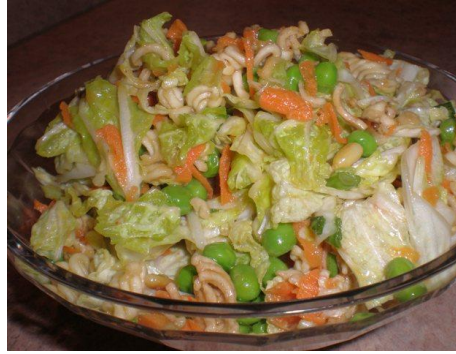
Courtesy of Carole's Creations

Prep Time: 35 minutes

Cooking Time: 1 minute

Serves: 4-5 lunches or 10-12 side dishes

CChints: This recipe calls for Ramen noodles. Any flavor will work because you will not be using the flavor packages. Ponzu sauce is a citrus soy sauce that is lower in sodium the low-sodium Soy and can be found in the Asian section of your supermarket.



3 tablespoons canola or vegetable oil

2 tablespoons honey

1/3 cup rice wine vinegar

1/4 cup sugar or Splenda®

2 tablespoons Ponzu sauce

1 tablespoon butter or margarine

1/3 cup pine nuts

2 – 3 ounce pks. of Ramen Noodles any flavor, crumbled. The flavor packets are not needed

8 cups finely chopped nappa cabbage (about 2-1/2 -3 pound) You may need to buy two heads

1 cup shredded carrot

1 cup green onions, sliced, green parts only

optional: for a lunch portion, top salad plates with 3 cups rotisserie chicken, chopped

In a small sauce pan, blend together the first 5 ingredients. Turn on the heat to medium high and bring to a boil. As soon as it boils, remove it from the heat and turn off the heat. Pour the sauce into a bowl and set in the refrigerator for a few minutes to cool it down.

Put the noodles in a plastic bag and break them up by hitting them with a heavy skillet. Melt the butter in a large nonstick skillet over medium heat. Add the nuts and noodles to the pan, stirring often for 3 minutes. Spoon them into a large mixing bowl. Add the sauce cooling in the refrigerator and toss well to coat the noodles. Cover and sit aside for 10-15 minutes while you chop the cabbage, carrots and onions. This time is needed to soften the noodles and blend the flavors.

Cut the vegetables and add them to the large mixing bowl. Fold the noodles and the cabbage mixture together. The bowl will be really full at first but by stirring occasionally for about 10 minutes, the cabbage will soften and take on the flavors of the other ingredients.

This salad travels well on picnics and can sit out for hours at a party.

Lunch: Divide the salad among plates and add the chicken on top.

Side Salad: This is a perfect side for any main oriental staple like Cashew Chicken or anything that doesn't already have noodles and cabbage.