

# Recipe of the Month – August 2021

## Crunchy Coleslaw

Serves 7

Serving Size:  $\frac{3}{4}$  cup

Cost per Serving: \$.49

### Ingredients:

1 package (3 ounces) beef flavored ramen noodles

1 bag (14 ounces) coleslaw or 1 bag (12 ounces)

broccoli slaw

2 green onions (thinly sliced)

3 Tablespoons oil (canola or vegetable)

$\frac{1}{4}$  cup cider vinegar

$\frac{1}{4}$  cup white sugar



### Optional Ingredients:

$\frac{1}{2}$  cup sliced nuts,

Sunflower seeds or dried fruit

### Directions:

1. Crumble ramen noodles into a large bowl.
2. Add coleslaw or broccoli slaw, green onions, and any optional ingredients to the bowl. Stir to mix.
3. Whisk together ramen noodle seasoning packet, oil, vinegar, and sugar in a small bowl.
4. Pour dressing over slaw mixture. Stir until slaw is coated with dressing.
5. Cover tightly. Store in the refrigerator for at least 2 hours before serving.

### Tips:

- Store tightly covered in the refrigerator for up to 4 days.

**Nutrition Facts per Serving:** 150 calories, 8g total Fat (1.5g sat. fat),  
0mg. Cholesterol, 220mg Sodium, 18g Carbohydrates, 2g Fiber, 10g Sugar, 2g Protein

*Recipe compliments of Iowa State University Extension and Outreach:  
Healthy & Homemade 2021 Nutrition & Fitness Calendar*



**THE OHIO STATE UNIVERSITY**

COLLEGE OF FOOD, AGRICULTURAL,  
AND ENVIRONMENTAL SCIENCES

**Clermont County Extension**

1000 Locust Street, PO Box 670

Owensville, OH 45160

Phone: 513-732-7070