Recipe of the Month – August 2021

Crunchy Coleslaw
Serves 7
Serving Size: ¾ 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)
¼ cup cider vinegar
¼ cup white sugar

Optional Ingredients:
½ 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