

CRUNCHY COLESLAW

Prep Time: 20 minutes Total time: 30 minutes

Makes: 10 Servings

What you need

6 oz. diced cooked chicken breast (canned) or cook 2 boneless chicken breasts or 2 grilled chicken breasts

2 tablespoons of sugar

½ teaspoon of black pepper

2 tablespoons of red wine vinegar

½ cup of extra virgin olive oil

1 tablespoon toasted sesame seeds

½ cup of sliced and toasted almonds

4 green onions – white part only

1-16 oz bag of coleslaw mix or broccoli slaw

1 package of chicken flavored Ramen noodles

Make it

- 1) Dressing – in a jar mix together the sugar, pepper, vinegar and chicken flavor packet from the Ramen noodles. Set aside or let sit overnight to blend flavors more.
- 2) In oven at 350 degrees for a few minutes, mix and brown sesame seeds, almonds and noodles.
- 3) Clean and slice the white part of green onions into small rounds, discarding tops.
- 4) Open canned chicken and drain and cut chicken into cubes or cut cooked/grilled chicken into cubes.
- 5) Combine in a large bowl: coleslaw mix (or 6-8 cups of shredded cabbage or broccoli), sliced onions, diced cooked chicken, toasted almonds and sesame seeds.
- 6) Crumble toasted Ramen noodles on top of cabbage. Gently mix together.
- 7) Shake dressing and pour over mix and gently stir in.
- 8) Serve immediately.

Nutrition Information

Calories	185	Carbohydrate	6.4g
Dietary Fiber	2.1g	Fat	15.5g
Protein	6.5g	Sodium	120mg