



Nevada
Department
of Agriculture

SENIOR FARMERS' MARKET NUTRITION PROGRAM

Chicken Salad with Ramen Noodles and Cabbage

Makes 8 servings

INGREDIENTS

- 1 packet of Ramen Noodles
- 6-7 cups of cabbage (shredded)
- 1/4 cup scallions (minced)
- 1 cup bell peppers (red or green)
- 12 oz or 2 cups of cooked chicken
- 1/2 cup peanuts (dry roasted, unsalted)

- 2 teaspoons sugar
- 2 tablespoons of olive oil
- 1/2 cup of vinegar (rice or white wine)
- 1 tablespoon Ramen Noodle flavor packet

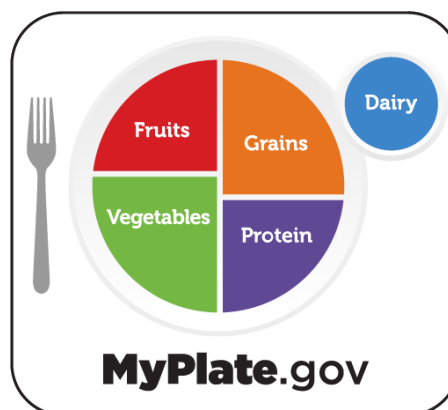
DIRECTIONS

1. Wash hands with soap and water.
2. Break up the noodles and set them aside.
3. In a small bowl, make the dressing by combining sugar, olive oil, vinegar, and the flavor packet.
4. In a large bowl, combine the bell peppers, scallions, peanuts, cabbage and cooked chicken.
5. Pour the dressing on and mix. Sprinkle the noodles on top.
6. Serve cold.

Fun Facts:

1/2 cup of cabbage has more than 20% of the Daily Value of Vitamin C and Vitamin K.

Bell Peppers are the only pepper that doesn't have capsaicin, which is what makes peppers spicy.



NUTRITION INFORMATION

Serving: 1/2 cup (1/8 of the recipe)

Calories 188, Total Fat 10g, Saturated Fat 2g, Sodium 312mg, Carbohydrates 14g, Dietary Fiber, 3g, Total Sugar 4g, Protein 11g, Calcium 43mg, Potassium 328mg

Source: Farm Fresh Summertime Recipes
Connecticut Food Policy Council