



Asian Cabbage Salad

This Asian cabbage salad is more like a slaw as it's made with shredded cabbage and carrots. Crushed ramen noodles and toasted sesame seeds give it extra crunch factor. It's tossed with a delicious sesame oil and rice vinegar dressing.

Submitted by **MommyBennett** |  Tested by **Allrecipes Test Kitchen**

Prep Time: 15 mins

Cook Time: 5 mins

Total Time: 20 mins

Servings: 6

Ingredients

- 2 tablespoons sesame seeds
- 4 cups shredded cabbage
- 2 carrots, shredded
- 1 (3 ounce) package ramen noodles, crushed
- 1/3 cup olive oil
- 2 tablespoons white sugar
- 1 1/2 tablespoons rice vinegar
- 1/2 teaspoon sesame oil
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

Directions

Step 1

Toast sesame seeds in a small skillet, shaking frequently, over medium heat until golden brown and fragrant. Transfer toasted seeds to a small plate and set aside.

Step 2

Toss together cabbage, carrots, and crushed ramen noodles in a large bowl.

Step 3

Whisk together olive oil, sugar, vinegar, sesame oil, salt, pepper, and ramen seasoning packet in a small bowl until combined.

Step 4

Pour over cabbage mixture; toss to coat. Top with sesame seeds.

Nutrition Facts

Per serving: 176 calories; total fat 14g; saturated fat 2g; sodium 269mg; total carbohydrate 12g; dietary fiber 3g; total sugars 7g; protein 2g; vitamin c 23mg; calcium 61mg; iron 1mg; potassium 184mg