

Asian Coleslaw Light

Jacob · 30/09/2024



Prep Time

2 hrs 15 mins

Difficult

Medium

Servings

6

Description

This Asian coleslaw is lightened up a bit by using only 3 tablespoons of olive oil and a sugar alternative like Splenda to make this kid friendly flavorful crunchy salad Try it with white or balsamic vinegar too

Ingredients

- - 1 (3 ounce) package beef ramen noodles - 2 cups boiling water - 3 tablespoons olive oil - 3 tablespoons apple cider vinegar - 3 tablespoons granular no-calorie sucralose sweetener (e.g.
- Splenda ®) - 1 (16 ounce) bag coleslaw mix - 6 green onions
- chopped - ½ cup sunflower seeds

Instructions

1. Place ramen noodles in colander; break into quarters. Pour boiling water over noodles to soften slightly. Use a fork to separate noodles. Rinse quickly with cold water; drain. Make a dressing by whisking together the flavor packet from the ramen noodles
2. olive oil
3. vinegar
4. and sweetener in a bowl. Place the ramen noodles
5. coleslaw mix
6. green onions
7. and sunflower seeds in a large bowl; toss to combine. Drizzle dressing over the coleslaw mixture and continue to toss until entire mixture is coated with dressing. Chill for 2 hours before serving.