



Broccoli Coleslaw

"Wonderful salad as a side dish or as a lunch salad."

Prep Time 15 m

Cool Time 1 h

Ready In 1 h 15 min

Servings 7

Calories per serving 413

Ingredients

- 1 cup olive oil
- 1/3 cup distilled white vinegar
- 1/2 cup white sugar
- 1 (3 ounce) package chicken flavored ramen noodles, crushed, seasoning packet reserved
- 1 large head fresh broccoli, diced
- 2 carrots, grated
- 2 bunches green onions, chopped
- 1 cup sunflower seeds

Directions

1. In a small bowl combine oil, vinegar, sugar and the seasoning packet from the ramen noodles. Mix well and refrigerate at least one hour before serving, or overnight.
2. In a large bowl combine broccoli, carrots, green onions and sunflower seeds. Crush ramen noodles and stir in. Pour dressing over salad about 10 minutes before serving.

Footnotes

Tip: Aluminum foil can be used to keep food moist, cook it evenly, and make clean-up easier.

Nutrition Facts

Per Serving: 413 calories; 31.3 g fat; 31.8 g carbohydrates; 4.6 g protein; 0 mg cholesterol; 169 mg sodium.