Crunchy Ramen Salad
Makes about 4 cups

3 cups chopped red cabbage  2 T cider vinegar
1 1/2 cups shredded sweet potato  3 T Olive oil
1/2 cup finely sliced sweet onion  2 t prepared mustard
1 t paprika  1 t ginger powder
1 T sugar  1 t soy sauce
1 pkg. ramen noodles, crushed

In a medium bowl combine cabbage, sweet potato, and sweet onion. In a small bowl
combine remainder of ingredients except noodles and stir until incorporated. Pour the
dressing over the vegetables and toss thoroughly. Refrigerate at least 1 hour. Just
before service sprinkle the noodles over the salad toss to mix.

Nutrition information per serving (1/3 cup): 70 calories, 4 fat (0.5 g saturated fat), 1g protein, 135mg
sodium, 1g dietary fiber. Excellent source of vitamins A and C.

[Image of Crunchy Ramen Salad]

[Logos: University of Georgia Health Center and Healthy Dawg]