



## **Chinese Noodle Salad**

### Dressing:

1/3 cup rice vinegar (available at your local grocer)  
3 tablespoons vegetable broth  
3 tablespoons pineapple juice  
2 tablespoons sugar  
1 tablespoon oriental sesame oil

### Salad:

1/3 cup silvered blanched almonds  
5 cups finely shredded cabbage  
1 package reduced-fat ramen soup noodles, crumbled (discard the soup-seasoning packet)  
1/2 cup packed snipped fresh cilantro  
3 tablespoons snipped fresh chives

To make the dressing: In a small bowl, stir together the vinegar, broth, juice, sugar, and oil.

To make the salad: Spread the almonds on a toaster oven tray. Toast at 325 degrees for 5 minutes or until they start to smell.

In a large bowl, combine the almonds, cabbage, uncooked noodles, cilantro and chives. Add the dressing and toss until the cabbage mixture is coated. Cover and chill in the refrigerator for at least 1 1/2 hours to blend the flavors.

**Makes 10 side-dish servings.** *Per serving: 89 calories, 3 grams fat, 13 grams carbohydrate, 120 mg sodium, 0 mg cholesterol, 1.4 grams fiber.*

From our new "Cookbook of the Quarter," *Healthy Homestyle Cooking* by Evelyn Tribole, available at Asheville's Barnes & Noble discounted 20% through September.

This is the perfect recipe for a potluck picnic. Keep in mind, though, that it needs to be made several hours before it is served. I hadn't read the recipe thoroughly and made it immediately before going to a potluck. The flavor was okay, but the next day when I tasted the leftovers it was absolutely delicious. Look for ramen that is baked not fried and make sure there is no hydrogenated fat. Happy picnicking!

Your partners in health,  
**Candace and Lucy**