

company's coming, healthwise, potluck favourites, salads,
weight watcher wise

Company Cabbage Salad



*A wonderfully seasoned,
crunchy cabbage salad with
big-time guest appeal!*
Servings: 16

This makes quite a large batch... but you'll be surprised at how little is left!

*1 head cabbage, chopped cole-slaw
style*
3 green onion, chopped
*2 pkgs Mr Noodles (Chicken), crushed,
include soup packets!*
1/2 c olive oil
2 tbsps white vinegar
1 tbsp sugar, or to taste
*1 lg chicken breast, poached and
slivered*
1/2 c almonds, toasted
1/3 c sesame seeds, toasted
Preparation Time: 15 minutes
Start to Finish Time: 24 hours

Combine all ingredients (except almonds and sesame seeds) and mix well. Allow to sit overnight in refrigerator, tossing occasionally.

Just before serving, add almonds and sesame seeds. Toss and devour!

*Per Serving (excluding unknown items): 190
Calories; 14g Fat (66.3% calories from fat); 6g
Protein; 10g Carbohydrate; 1g Dietary Fiber;
12mg Cholesterol; 231mg Sodium. Exchanges: 0
Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 2
Fat; 0 Other Carbohydrates.*