

Chinese Crunchy Salad

(served by Nancy Hammel)

SALAD:

- 1 head of Napa cabbage
- 2 pkgs Ramen noodles (any flavor because you only use the noodles)
- 1 sm pack of slivered almonds
- ½ C of sunflower seeds
- 1 stick of butter/margarine
- 1 red onion
- 4-6 chicken breasts (breaded or plain work fine) – cooked and cut up

DRESSING:

- ½ C of vegetable oil or olive oil
- ¼ C of rice vinegar or salad vinegar
- ½ C of sugar
- 1 tsp of soy sauce

Fry the almonds, Ramen noodles and sunflower seeds in the butter until lightly browned. Cut up the cabbage and onion. Mix the dressing ingredients together.

Mix the almond/noodle/sunflower/butter mixture, the chicken, the cabbage/onion mixture, and the dressing mixture together just before serving.