



CRUNCHY COLESLAW

Hip to Be Fit® Challenge RECIPE

Hip to BE Fit® Challenge:

Take photos or videos of yourself making the recipe and submit them using the form on the website at www.ndi-nm.org/hiptobefit.

Serves 4

Ingredients:

- 1 package coleslaw mix
- 1 bunch scallions
- ½ cup slivered almonds
- 1 package chicken-flavored Ramen
- 2 tbsp. sugar
- ½ cup vegetable oil
- 3 tbsp. apple cider vinegar
- 1 tsp salt
- ½ tsp. pepper



Utensils:

- Sharp knife
- Cutting board
- Baking sheet
- Aluminum foil
- Large mixing bowl

- Small mixing bowl
- Large serving bowl
- Teaspoon
- Tablespoon
- Ziploc bag

- Wire whisk
- Measuring cups
- Serving utensils
- 4 serving plates
- 4 forks

Directions:

Line a baking sheet with aluminum foil, place almonds on and put into a 350 degree oven for 5 minutes until golden brown. Remove from oven and set aside to cool. Place Ramen into Ziploc bag and crush. Remove stems from scallions and chop. Pour coleslaw mix into a large bowl and add scallions and Ramen. Combine sugar, oil, vinegar, salt, pepper and Ramen seasoning packet in a small bowl. Whisk until well-blended. Add dressing to salad and toss. Serve immediately.



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