

TUNA RAMEN SALAD

4 Servings

INGREDIENTS

SALAD

1 pkg ramen noodles, discard flavor package

6 cups shredded cabbage

2 cans tuna, drained and flaked

1 cup sugar snap peas, cut in halves

½ cup shredded carrots

DRESSING

½ cup olive oil

¼ cup seasoned rice vinegar

2 Tbsp white sugar, or to taste

2 Tbsp sesame oil

2 Tbsp soy sauce

1 Tbsp Water

1 Tbsp Sesame seeds

DIRECTIONS

Step 1

Crush uncooked ramen noodles.

Step 2

Add all salad ingredients into a large bowl and toss gently.

Step 3

For dressing, add all ingredients into a small bowl and whisk until well combined.

SHOPPING LIST

Ramen Noodles

Cabbage

Canned Tuna

Sugar Snap Peas

Carrots

Rice vinegar

Sesame Oil

Sesame Seeds

Step 4

Drizzle dressing over salad and toss to coat.

Serve immediately and enjoy!

NUTRITION

Calories: 294

Fat: 12g

Saturated Fat: 2g

Protein: 20g

Carbohydrates: 32g

Fiber: 6g

Sodium: 868mg