

Japanese Cole Slaw

1 med. head of green cabbage
1/2 cup toasted almond slices
14 to 15 white mushrooms, sliced
1 Tbsp. sesame seeds
1/4 cup raw sunflower seeds
6 green onions chopped
1 cup fresh bean sprouts (opt)
noodles from Ramen Chicken soup mix, crumbled

Cut the cabbage in eighths and feed through the thin slice blade of the Slicer/shredder and empty into a large salad bowl. Add the remaining ingredients and dressing below, and let marinate at least 1 hours in the fridge.

Dressing:

In a 2 cup measure:

1/2 cup salad oil
1/4 cup soy sauce (I use China Lily)
1/4 cup white vinegar
2 Tbsp. water
2 Tbsp. sugar

Blend thoroughly, and toss through salad.