

Art of Natural Living

Enjoying the Green Life



“Bok Choy” Salad

Crunchy and flavored with soy sauce, this salad has an Asian flair and pairs perfectly with all types of casual foods. It can be prepared with either bok choy or napa cabbage making it versatile in addition to healthy and delicious.

Ingredients:

Topping

- ¼ c almonds, slivered
- 1 pkg Ramen noodles, uncooked
- 2T sesame seeds
- 2T butter

Dressing

- 1 c sugar
- ¼ c vinegar
- 1 c canola oil
- 2 T soy sauce

Salad

- 1 head Bok Choy (or Nappa Cabbage)
- Chopped red onion, to taste

Directions:

1. Break up ramen noodles into small pieces. Sautee in butter with sesame seeds and almonds until brown.
2. Cut Bok Choy into bite sized pieces. Add to chopped onion in large bowl.
3. Combine dressing ingredients in a jar and shake well to emulsify.
4. Blend dressing with salad and toss to coat. Sprinkle with topping. Save any extra dressing for future salads.



Notes: Mix only what you plan to use for a meal, then save salad, topping and dressing separately in refrigerator to use another day.

Source: ArtofNaturalLiving.com