

Island Coleslaw

Salad

1 bag of shredded coleslaw mix
1 package of Ramen noodles – Oriental flavor
3 green onions, chopped
1 small can Pineapple tidbits

Break up noodles into small chunks, and hold the seasoning packet for the dressing. Place cabbage mixture into large mixing bowl. Add all other ingredients – adding noodles last. Do not stir until ready to add dressing.

Dressing

1/3 cup white vinegar
1/2 cup Splenda (1/2 cup sugar)
1/2 cup vegetable oil (or olive oil)
Salt & Pepper to taste
Flavoring package from noodles

Measure oil, vinegar and Splenda. Pour into a container than can be sealed and shaken. Add the spice package, and shake well. Mix the desired amount onto the salad. It is not necessary to use all the dressing. Combine the salad and dressing just before serving to maintain crunchiness.

Serves: 12 Calories: 99
Fat: 8g Sodium: 101mg