



Cashew Crunch Salad

Prep: 15 minutes | Cook: 0 minutes | Total: 15 minutes

Yield: 4 servings | Serving Size: 1½ cups

Ingredients

- ¼ cup nonfat plain Greek yogurt
- 1 tablespoon sugar
- 3 tablespoons white vinegar
- 1 tablespoon olive oil
- 1 tablespoon sesame oil
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 6 cups shredded cabbage or coleslaw mix (about one 15-ounce bag)
- 1 cup thinly sliced or shredded carrot (about 2 medium carrots)
- ½ cup frozen shelled edamame, thawed or cooked and cooled
- 8 tablespoons (½ cup) chopped toasted cashews, divided
- 8 tablespoons (½ cup) crunchy chow mein noodles, divided

Directions

1. In a large bowl, whisk together the yogurt, sugar, vinegar, olive oil, sesame oil, salt, and black pepper.
2. Add the cabbage or coleslaw mix, carrot, and edamame. Toss to combine.
3. Serve cold, adding 2 tablespoons of the cashews and 2 tablespoons of the chow mein noodles to each portion right before serving.

**Nutrition Facts Per Serving: Calories: 280 | Total Fat: 20 g | Saturated Fat: 3.5 g
Sodium: 320 mg | Total Carbohydrate: 18 g | Dietary Fiber: 5 g | Protein: 7 g**

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