



Cashew Crunch Salad

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

Yield: 4 servings | Serving Size: 1½ cups

Ingredients

- 1 (16-ounce) bag slaw mix or about 6 cups shredded cabbage
- 1 cup thinly sliced or shredded carrots
- ½ cup edamame, cooked and cooled
- ½ cup cashews, chopped
- ½ cup crunchy chow mein noodles
- 1 tablespoon olive oil
- 1 tablespoon sesame oil, optional
- 3 tablespoons white vinegar
- 1 tablespoon sugar
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ¼ cup plain Greek yogurt or light mayo

Directions

1. In a large bowl, toss the cabbage, carrots, edamame, and cashews until well combined.
2. In a small dish or jar with a lid, combine the dressing ingredients. Shake or mix well.
3. Pour the dressing over the slaw ingredients and toss until well combined.
4. Top with chow mein noodles just before serving.
5. Enjoy immediately or chill in the fridge for 1 hour.

Recipe Notes

- Lasts for 3 days in the refrigerator (noodles will soften so you can leave them out and add when you serve).
- Add cooked shredded chicken if desired.

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

Adapted from Pinchofyum.com | Submitted by Robin LaCroix, RD, CSO
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