**KATHY WELSH’S CRUNCHY ORIENTAL SALAD**

 **Serves 8**

 **Dressing**

2 Pkgs. Cabbage Slaw or Broccoli Slaw 1 C. Olive Oil

1 C. Salted Sunflower Kernels 1/3 C. White Wine or

1 C. Toasted Slivered Almonds Cider Vinegar

2 Bunches Scallions, chopped ½ C. Sugar

2 Pkgs. Beef flavored Ramen Noodles 2 Beef Flavor Packets

 (reserve flavor packets for dressing)

Combine first four ingredients. Prepare dressing. Add ramen noodles and dressing just before serving.

Sautéed chicken is optional and turns the chicken from a side dish to a main course.

Pound chicken breasts until ½” thick. Sprinkle with salt and pepper. Sautee on medium heat in olive oil until cooked. Slice and cross cut. Chill in ziplock bag. Toss into salad before serving.