



## **Bok Choy Salad**

1 (3-ounce) packages ramen noodle soup mix  
¼ cup sunflower seeds  
¼ cup slivered almonds  
2 Tbl sugar, plus a little more if needed  
2 Tbl olive oil  
¼ cup cider vinegar  
2 Tbl low sodium soy sauce  
½ bunch bok choy or 2 baby bok choy, carefully cleaned and shredded  
¼ cup shredded carrot (about 1/2 large carrot)  
3 green onions, chopped  
¼ cup red cabbage, shredded (optional)  
Cayenne pepper, pinch (optional)  
Fresh ground pepper to taste

1. Remove flavor packets from soup mix; reserve for another use. Crumble noodles.
2. Combine noodles, sunflower seeds, and almonds. Spread on a 15 x 10 inch jellyroll pan or baking sheet with rim.
3. Bake at 350° for 6 to 8 minutes or until golden brown; set aside.
4. Bring sugar and next 3 ingredients to a boil in a saucepan over medium heat. Remove from heat; cool.
5. Place bok choy, carrots, green onions and cabbage, if using, in a large bowl. Drizzle with sugar mixture. Add ramen noodle mixture, tossing well. Serve immediately.

Yields 3 to 4 servings; recipe.

The Mitchell Katz Winery 2006 Pinot Grigio from Livermore Valley goes great with this salad. A light and refreshing start to a summer dinner. Enjoy!

Adapted from Southern Living, June 2001, by Lori Lapidus, August 2008