

CHINESE CABBAGE SALAD

Mix and set aside:

- 1 small head of Napa (Chinese) cabbage chopped fine
- 1 box chopped mushrooms (optional)
- 1 bunch green onions, chopped finely
- 1 can sliced water chestnuts

Mix ahead and add to above mixture just before serving.

- 1 c. vegenaïse
- 2 T. Bragg Liquid Aminos

Add to mixture just before serving:

- 1 large can of dry chow mein noodles.

Rhoda's Version

Prepare dressing in advance and allow it sit for a couple of hours. If you don't, your salad will have a tendency to be watery.

- 1 c. Vegenaïse
- 2 T. Bragg Liquid Aminos

Salad ingredients: adjust mushrooms, green onions, and water chestnuts to your taste.

- 1 small head of Napa (Chinese) cabbage chopped fine
- 6 mushrooms, chopped (optional)
- 3 green onions – both white and green parts, chopped finely
- ½ can sliced water chestnuts. cubed

For added crunch to your salad, add seasoned Ramen noodles.

- ½ pkg. dry Ramen noodles
- ½ - 1 t. Braggs Liquid Aminos
- dash of garlic powder
- dash of onion powder

Coat Ramen noodles with a small amount of Braggs. Season with garlic and onion powders. Toss. Add them to your salad just before serving it.