

Japanese Cabbage Salad



1/2	Cabbage; grated
4 1/2 cup	Bean Sprouts
2 cup	Fresh Mushrooms; diced
1/2 cup	Slivered Almonds; toasted (optional)
1/4 cup	Sunflower seeds
2 tbsp	Sesame Seeds; toasted (optional)
2	Green Onion; sliced
1/2 cup	Oil
3 tbsp	Vinegar
1/2 cup	Soya Sauce
1 tbsp	Sugar
1 tsp	Salt
1	Seasoning from Oriental Ichiban Package
1	Ichiban Noodles; coarsely crushed
1 1/2 cup	Dry Chow Mein noodles (optional)

Mix all vegetables and seeds together. Set aside.

Stir together all dressing ingredients and stir until sugar is dissolved.

Drizzle over salad and toss to coat. Refrigerate for 1-2 hours. Garnish with noodles just before serving.