

At our pass-a-plate Fun-Fly Picnic, Phyllis Favorø's dish got rave reviews and numerous requests for the recipe. And this is it! Thank you, Phyllis.

CRUNCHY COLESLAW

- 1 Cup sunflower seeds (kernels)
- 1 Cup slivered almonds
- 2 Bunches green onions, sliced
- 1 Pkg. Ramen noodles - chicken or beef
- 1 Pkg. coleslaw (shredded cabbage or broccoli)

Dressing

- $\frac{3}{4}$ Cup oil
- $\frac{1}{3}$ Cup vinegar
- $\frac{1}{2}$ Cup sugar
- Seasoning from noodles

Break noodles and mix seeds, almonds and coleslaw mix together. Add dressing and mix. Refrigerate for 2 hours or more. More is better - even overnight is good.