

MAKE YOUR RAMEN HEALTHIER!

*Throw away
the seasoning packet!

It's loaded with
sodium and fat.

*Switch up sauces.
Use broths, spices,
and/or sauces instead.

*Pick a protein.
Use thinly sliced
meat, canned meat
or fish, eggs, beans,
or tofu.

*Add veggies.
Fresh vegetables
can be diced, and
sauteed or add canned
or frozen packaged
veggies.



ONE PAN RAMEN NOODLE BOWL



Serves: 2

Ingredients:

*1 Tablespoon oil

*1 to 2 cups vegetables, canned, fresh, or frozen, chopped (bamboo shoots, bean sprouts, broccoli, cabbage, carrots, mushrooms, onion, pepper-sweet or hot, snow peas, spinach, stir-fry, water chestnuts, etc.)

*1 clove garlic, minced, paste, or ½ teaspoon dried

*1 teaspoon ginger, minced, paste, or ½ teaspoon dried

*Salt and pepper, or other desired seasonings, to taste

*16 oz. low-sodium broth, any flavor (canned, or base paste,

*1 cup cooked protein: beans, egg, fish, meat, seafood, tofu, chopped (canned, rotisserie, deli, etc.)

*1 package instant ramen noodles (seasoning discarded) or any other quick-cooking noodles

*Sauce, to taste (barbeque, chili, gochujang, hoisin, marinara, orange, oyster, pasta, peanut butter, salsa, soy, sriracha, stir-fry, sweet & sour, teriyaki, etc.)

*Toppings: bacon, crumbles, diced scallions, drizzle of sesame or chili oil, fresh herbs, nori-dried seaweed, kimchi, nuts, red pepper flakes, shredded cheese, squeeze of lemon/lime juice, toasted sesame seeds, etc.

Instructions:

*Heat olive oil in a large skillet or large saucepan over medium heat.

*Add chopped vegetables, garlic, salt and pepper, or other seasonings.

*Cook for 5 minutes, or until veggies are fragrant and begin to get soft.

*Add broth and bring to a boil over high heat. *Simmer over medium-low heat for 5 minutes.

*Add chicken, ramen noodles, and sauce; simmer for an additional 3 minutes, or until noodles are tender.

*Do not overcook the noodles.

*Transfer into two bowls. If desired, add toppings. Serve warm !

TIP: This recipe may also be made in a microwave oven.

