

5 Ways to Eat Your Eggs

Instant Ramen Upgrade

Makes

4 servings

Prep time

5 minutes

Cook time

10 minutes

Good Source of

Fiber

Calcium

Iron

Potassium

Ingredients:

- 2 cups water
- 1 package instant ramen
- ½ ramen seasoning packet
- 1 Tbsp. vegetable or Canola oil
- 1 clove garlic, diced
- ¼ yellow onion, sliced
- 1/3 cup sliced carrots
- 1/3 cup sliced mushrooms
- 1/3 cup sliced water chestnuts
- 2 bunches bokchoy, sliced
- 2 large eggs, boiled

Nutrition Facts

4 servings per container	
Serving size	1 bowl (689g)
Amount per serving	
Calories	200
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 95mg	32%
Sodium 570mg	25%
Total Carbohydrate 22g	8%
Dietary Fiber 5g	18%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 1mcg	6%
Calcium 471mg	35%
Iron 5mg	30%
Potassium 1211mg	25%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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Directions

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1. In a sauce pan or small pot, bring water to a boil over medium-high heat.
2. Once boiling, add instant ramen noodles and ½ of the ramen seasoning packet. You can discard the remaining seasoning or save for another recipe. Cook for 3 minutes.
3. Meanwhile in a separate pan, heat oil over medium heat. Sauté garlic and onion until fragrant, or about 2 minutes.
4. Add in carrots, mushrooms, and water chestnuts. Cook for about 3 minutes.
5. Add in bokchoy and cook vegetables until tender, or about another 3 minutes.
6. Separate cooked ramen into four bowls. Top with sautéed vegetables and boiled egg cut into half.
7. Serve hot. Refrigerate any leftovers.

Change it up! Substitute the carrots, mushrooms, and/or water chestnuts for other vegetables of your choosing, such as bean sprouts, green onions, corn, kangkong, cabbage, cilantro, etc. Add in other low-fat protein options, like grilled chicken breast or grilled pork.

