How To Make Healthier Ramen Noodles

FUEL YOUR FAMILY

ADD-IN CONDIMENTS
Swap high-sodium seasoning packets for low-sodium seasonings or condiments
Try:
- Sesame oil
- Soy sauce
- Curry powder
- Chili pepper flakes

ADD-IN VEGETABLES
Add vegetables to your noodles for balanced meal
Try:
- Broccoli
- Mushrooms
- Carrots
- Spinach

ADD-IN PROTEIN
- Eggs (poached, fried, or boiled)
- Beef
- Pork
- Chicken
- Seafood

STIR FRY
Try stir-frying your ramen noodles.
- Boil noodles until they are separated
- Remove & dry on a plate
- Stir-fry in a heated skillet with oil
- Add-in vegetables, seasonings, & protein

ENJOY!

Source: https://www.canr.msu.edu/news/make_your_instant_noodles_healthier

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