

Lower-Sodium Ramen Stir Fry

Ingredients:

2 teaspoons vegetable oil
20-ounce bag frozen stir-fry vegetables
½ medium onion, sliced
1 package instant ramen, noodles only
2 cups cooked chicken
Red pepper flakes, to taste
1 cup water
2 tablespoons less-sodium soy sauce
1 tablespoon honey
¼ teaspoon garlic powder
½ teaspoon ground ginger
1 bunch green onions, chopped

Instructions:

1. Heat oil in a skillet over medium-high heat. Add vegetables, onions, ramen noodles, slightly broken chicken, red pepper flakes and water. Stir, cover and cook for 10-15 minutes, or until noodles are softened. Stir occasionally.
2. In a small bowl, combine soy sauce, honey, garlic powder and ginger. Stir until honey is dissolved. Pour sauce over the mixture and mix until well coated.
3. Cover and reduce the heat to medium-low. Cook for an additional 5 minutes, stirring occasionally.
4. Garnish with green onions and serve.

Prep time: 5 minutes

Cook time: 15-20 minutes

Serves: 7

Source: LSU AgCenter EFNEP, Orleans Parish

Nutrition Facts

7 servings per container
Serving size 1 cup

Amount per serving
Calories 160

	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 300mg	13%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 5g	
Includes 2g Added Sugars	4%
Protein 16g	
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 1mg	6%
Potassium 41mg	0%

*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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