

Cooking with the DIETITIANS

RAMEN REVAMPED

Time: 30 minutes / Servings: 2

INGREDIENTS

2 eggs, hard boiled, sliced
3.5 ounces mushrooms, sliced
2 teaspoons olive oil
1 tablespoon low-sodium soy sauce
24oz low-sodium vegetable stock
1 Tablespoon fresh ginger, diced
½ package firm tofu, cubed
1 carrot, peeled and sliced
1 celery stalk, sliced
2-3 kale leaves, chopped
½ bell pepper, chopped
2-3 stalks green onion, chopped
2 packages of instant ramen noodles ****no flavor packet!****



DIRECTIONS

1. Hard boil eggs.
 - a. Place eggs in large pot with cold water. Make sure the water covers the egg by an inch.
 - b. Bring water to a boil. Cover the pot and remove from heat. Let sit for 12 minutes
 - c. Remove eggs with a slotted spoon and place them in an ice bath.
 - d. Peel and slice.
2. While you are waiting for the eggs, remove tofu from package and place on stack of paper towel. Press firmly and remove as much liquid as possible without breaking up tofu too much.
3. In a skillet, sauté mushrooms in olive oil and soy sauce until they release their liquid and begin to brown. Set aside.
4. Clean skillet and spray lightly with olive oil. Add cubed tofu and cooked over medium heat until brown. Remove from heat.
5. In a pot, add vegetable stock and ginger. Bring to a boil, turn down to low heat and let simmer for 5 minutes. Add tofu, carrots, and celery. Continue to simmer.
6. Meanwhile, make ramen noodles according to package instructions. Drain and add noodles to the pot.
7. In bowls, place handful of kale and mini bell peppers. Pour in soup and add green onion and sliced egg.

NUTRITION FACTS (PER SERVING):

Calories: 660, Total Fat: 32g, Saturated Fat: 10g, Cholesterol: 0mg, Sodium: 777mg, Carbohydrates: 84g, Fiber: 8g, Protein: 27g, Vitamin A: 146%, Vitamin C: 147%, Calcium: 27%, Iron: 39%

Recipe adapted from: <http://www.forkknifeswoon.com/simple-homemade-chicken-ramen/>

A collaboration with USF Dining



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