

# Microwave Ramen

Ramen is a staple dish for many young adults. This version is extremely easy and more filling than the prepackaged versions. Use whatever protein and vegetables you have on hand and get creative with toppings. Popular toppings such as kimchi, gochujang, sriracha, or furikake will take this dish to the next level!

## Ingredients for Life

**Serves 1**      **Serving size:** 2 cups      **Prep time:** 10 minutes      **Cook time:** 5 minutes      **Total time:** 15 minutes

### Ingredients

- 1½ cups low-sodium broth (vegetable, chicken, or beef)
  - 2 ounces ramen noodles, dried
  - 1 teaspoon ginger, minced
  - 2 teaspoons low-sodium soy sauce
  - 1 teaspoon rice vinegar or lime juice
  - 1 egg, soft boiled
  - 1/2 cup mixed vegetables\*
  - 1 green onion, chopped
- Optional toppings for serving:** Sriracha, kimchi, green onions, gochujang, furikake, cabbage, sliced radish, jalapenos or chilis.

\*Example options: shredded carrot, shelled edamame, sauteed mushrooms, corn kernels, cooked spinach, or bok choy.

### Directions

1. In a medium, microwave-safe bowl, combine broth, noodles, and ginger.
2. Microwave for about 5 minutes, or until noodles are cooked through, stirring once halfway through.
3. Stir in soy sauce and rice vinegar
4. Top with egg, mixed vegetables, green onions, and optional toppings.



### Nutrition Facts

Serves 1	
<b>Serving size</b>	<b>2 cups (612g)</b>
Amount per serving	
<b>Calories</b>	<b>418</b>
% Daily Value*	
<b>Total Fat</b> 9g	<b>14%</b>
Saturated Fat 2g	<b>12%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 187mg	<b>62%</b>
<b>Sodium</b> 838mg	<b>35%</b>
<b>Total Carbohydrate</b> 64g	<b>21%</b>
Dietary Fiber 6g	<b>23%</b>
Total Sugars 3g	
<b>Protein</b> 24g	<b>44%</b>
Vitamin D 44mcg	11%
Calcium 97mg	10%
Iron 3.5mg	19%
Potassium 657mg	19%
Phosphorus 276mg	28%

\* The % Daily Value (DV) 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.