



Ramen Skillet Dinner



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- 2 teaspoons vegetable oil
 - 1 medium onion, chopped
 - 1 medium carrot, thinly sliced
 - 1 bag (16 ounces) frozen broccoli
 - 2 cups cooked chicken, chopped
 - 1 package (3 ounces) chicken-flavored instant ramen noodles
 - 1 cup water
 - 1/2 teaspoon garlic powder
 - 1/2 teaspoon ground ginger
 - 1/2 teaspoon red pepper flakes
1. Wash hands with warm water and soap for at least 20 seconds.
 2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
 3. Heat oil in a large skillet over medium heat. Add onion, carrot, and broccoli. Cook until vegetables are crisp tender (about 5 minutes).

4. Add the cooked chicken to the skillet. Stir and heat, about 1 to 2 minutes.
5. In a small bowl, combine the contents of the ramen seasoning packet, water, garlic powder, ginger, and red pepper flakes.
6. Pour the water and seasonings into the skillet. Stir and bring to a boil.
7. Break ramen noodles apart and add to skillet. Stir to moisten noodles.
8. Cover the skillet and cook until noodles soften (about 2 minutes). Serve immediately.
9. Refrigerate leftovers within 2 hours.

Makes 4 servings
Serving size: 1 1/2 cups
Cost per recipe: \$7.66
Cost per serving: \$1.92

Nutrition facts per serving:
280 calories; 8g total fat; 2.5g saturated fat; 0g trans fat; 60mg cholesterol; 360mg sodium; 22g total carbohydrate; 4g dietary fiber; 6g total sugars; 0g added sugars; 26g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 8% Daily Value of potassium

Source:
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