Ramen 2.0

Ramen is an easy, inexpensive meal that you can make your own. Add your favorite veggies for more flavor, texture & nutrients; add meat, tofu, or egg for protein; and experiment with your own seasonings or sauces. Use our checklist to make your next ramen dish a masterpiece!

**INSTRUCTIONS:**

1. Gather your ingredients using our check list!
2. Prep your ingredients.
   - Chop meat and thicker vegetables into small pieces so they cook faster.
3. Boil water on stove and add seasoning of choice.
   - Only use half of your seasoning packet to reduce sodium (salt) amount (your blood pressure will thank you).
4. Drop in the noodles, gently. Add in any protein &/or vegetables that should be cooked longer.
5. Cook the noodles according to package directions, then remove from heat.
6. Add to your bowl, then top it off with any additional seasonings, herbs, or veggies.
7. Enjoy!

**NOODLES**

No ramen on hand? Shop your pantry for any of these noodle alternatives.
- Ramen
- Udon
- Soba
- Rice Noodles
- Glass Noodles
- Thin Spaghetti

**CHOOSE 2+ VEGGIES**

It's no secret that veggies are essential to a balanced diet. They add flavor, essential nutrients, fiber, and energy for our bodies to perform their best.

Don’t have fresh veggies? Use canned or frozen (they’ll thaw while you cook).

- Mushrooms
- Spinach
- Kale
- Bok Choy
- Tomatoes
- Carrots
- Asparagus
- Broccoli
- Bean Sprouts
- Green Onion
- Bell Peppers
- Cabbage

**PICK A PROTEIN**

Protein is an important building block for your muscles, and supports a healthy immune system. Including protein in your meals helps keep you fuller, longer.

- Egg
- Tofu
- Chicken
- Pork
- Shrimp
- Fish

**FLAVOR BOOSTS**

Be mindful of sodium (salt) amount.
- Chicken or vegetable stock
- Sriracha
- Jalapeño
- Sesame oil
- Ginger
- Garlic
- Turmeric
- Jasmine
- Basil

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