



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

Bountiful Backpack

Easy Ramen Stir-Fry



Serves: 4

Serving Size: 1 cup

Ingredients:

- Nonstick cooking spray
- 2 packages of Ramen noodles (any flavor)
- 1 cup frozen vegetables (or 1 can mixed vegetables)
- 1 can (12.5 ounces) chicken, drained and rinsed
- 2 eggs (or ¼ cup of dried egg mix with 5 Tablespoons water to make the equivalent of 2 large whole eggs)

Directions:

1. Wash hands.
2. Put the Ramen noodles into a pot of boiling water for 1 minute. Drain well.
3. Spray a skillet with nonstick cooking spray. Over medium heat, add the Ramen noodles, vegetables and chicken.
4. Sprinkle one seasoning packet over the top of the mixture. Cook until the vegetables are warmed through.
5. Crack eggs (or pour reconstituted dried egg mixture) over the noodles and stir vigorously until egg is well cooked. Serve.

Recipe Information taken from Iowa State University Extension *Spend Smart. Eat Smart.* Program

Nutrition Facts

4 servings per recipe

Serving size 1 cup (236g)

Amount Per Serving

Calories 490

% Daily Value*

Total Fat 20g 26%

Saturated Fat 7g 35%

Trans Fat 0g

Cholesterol 200mg 67%

Sodium 710mg 31%

Total Carbohydrate 36g 13%

Dietary Fiber 2g 7%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 39g 78%

Vitamin D 0mcg 0%

Calcium 52mg 4%

Iron 3.6mg 20%

Potassium 0mg 0%

Vitamin A 25%

Vitamin C 4%

* 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.

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