



TIPS & TRICKS

Ramen Skillet Dinner

Nutrition

- You may be wondering how this recipe compares to ramen noodles prepared according to the package instructions. The variety of vegetables in this recipe increases the amount of vitamins and nutrients. Adding vegetables and protein makes the noodle packet go farther, reducing the overall amount of sodium in one serving. The vegetables and protein make this dish more flavorful, higher in nutrients, and closer to a MyPlate meal.
- Broccoli is a good source of vitamin A. Vitamin A functions in growth and development, immune function, red blood cell formation, skin and bone formation, reproduction, and vision.

Cooking Tips

- If short on time, skip chopping the onion and carrot, and add a bag of frozen mixed vegetables instead.
- This recipe is very adaptable. Switch out the chicken for ground beef, steak strips, pork loin strips, shrimp, or tofu. Choose a ramen packet to complement the new protein.
- You can use a variety of different vegetables in this recipe. Spinach, bell peppers, or mushrooms are all good options.

Teaching Points

- Use this recipe with the HCEB lesson on Fruits and Vegetables. The cooking skill is about cooking fresh vegetables.
- You can also use this recipe with HCYRB lesson, Building Healthier Meals with MyPlate. The cooking skill is focused on preparing grains.
- This recipe shows that you can boost the nutritional value of inexpensive ingredients like ramen noodles by adding lean protein and vegetables. When discussing cooking healthy affordable meals mention this point.
- This is a quick meal, which would appeal to busy families.
- Ramen noodles are popular with kids and teens. This recipe might be a way to encourage kids and teens to eat more vegetables.

Sources: https://www.accessdata.fda.gov/scripts/InteractiveNutritionFactsLabel/assets/InteractiveNFL_Vitamins&MineralsChart_October2021.pdf



USDA
Supplemental
Nutrition
Assistance
Program

This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

