

# How To Make Healthier Ramen Noodles



## FUEL YOUR FAMILY

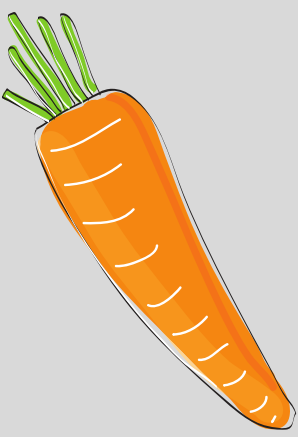


### ADD-IN CONDIMENTS

Swap high-sodium seasoning packets for low-sodium seasonings or condiments

Try:

- Sesame oil
- Soy sauce
- Curry powder
- Chili pepper flakes

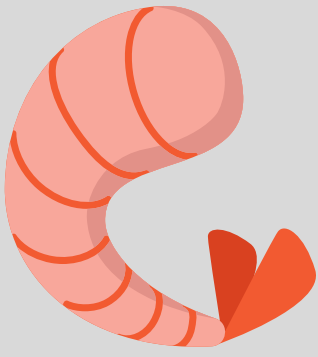


### ADD-IN VEGETABLES

Add vegetables to your noodles for balanced meal

Try:

- Broccoli
- Mushrooms
- Carrots
- Spinach



### ADD-IN PROTEIN

- Eggs (poached, fried, or boiled)
- Beef
- Pork
- Chicken
- Seafood

### STIR FRY

Try stir-frying your ramen noodles.

- Boil noodles until they are separated
- Remove & dry on a plate
- Stir-fry in a heated skillet with oil
- Add-in vegetables, seasonings, & protein



# ENJOY!

Source: [https://www.canr.msu.edu/news/make\\_your\\_instant\\_noodles\\_healthier](https://www.canr.msu.edu/news/make_your_instant_noodles_healthier)

**K-STATE**  
Research and Extension

Douglas County



Supplemental  
Nutrition  
Assistance  
Program

Putting Healthy Food  
Within Reach

Kansas State University Agricultural Experiment Station and Cooperative Extension Service  
K-State Research and Extension is an equal opportunity provider and employer.