



## **Ramen Skillet Dinner**



- 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) chickenflavored instant ramen noodles
- 1 cup water

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- 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).

- 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



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## Nutrition facts per serving:

280 calories; 8g total fat; 2.5g saturated fat; Og trans fat; 60mg cholesterol; 360mg sodium; 22g total carbohydrate; 4g dietary fiber; 6g total sugars; Og 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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