

Easy Healthy Ramen

By Chef Darian Bryan



INGREDIENTS:

- 1 cup carrots, diced
- 3 garlic cloves, minced
- 1 cup green onions, chopped
- 3 cups spinach
- 6 eggs
- 6 cups vegetable broth, low sodium
- 3 Tbsp. soy sauce
- 3 Tbsp. olive oil
- 1 package brown rice noodle

DIRECTIONS:

1. Put eggs in a medium pot filled with water.
2. Place on stove over medium-high heat. Bring to a boil, turn off as soon as it starts boiling, put a lid on it and let it sit for 6-7 minutes.
3. Remove eggs from hot water and cool in ice water immediately. When fully cool, peel and put aside.
4. Cook brown rice noodles based on box instructions.
5. Preheat a sauce pot to medium heat.
6. Add olive oil, carrots and garlic, cook until softened.
7. Add vegetable broth, soy sauce and mix well.
8. Add spinach and half the amount of scallions, save some for garnish.
9. Add noodles to the broth and mix to combine.
10. Put noodles in a bowl, cut eggs lengthwise, place it on top of noodles, garnish with remaining scallions. Enjoy!

Nutrition Facts

servings per container

Serving size 1/2 Cup broth and veggies, 1/2 cup noodles and 1 egg

Amount per serving

Calories **240**

% Daily Value*

Total Fat 5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 165mg	55%
Sodium 520mg	23%
Total Carbohydrate 36g	13%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 1mcg	6%
Calcium 92mg	8%
Iron 3mg	15%
Potassium 243mg	6%

*The % Daily Value 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.

MEAL KIT SHOPPING LIST

Week 4: Easy Healthy Ramen

Fruit:

- no fruit this week

Vegetables:

- 1 bag spinach- \$2.09
- 1 bunch green onion- \$1.19
- 1 bag carrots- \$1.79

Protein:

- no protein this week

Dairy:

- 1/2 dozen eggs- \$2.19

Grains:

- 1 bag brown rice noodles- \$3.49

Herbs, Spices & More:

- 2- 32fl oz container vegetable broth- \$2.29 each
- 1 head garlic- \$1.04
- soy sauce, low sodium
- olive oil


Cooking at Home

Grocery cost: \$16.37

Recipe cost: \$14.85

Cost per meal: \$2.47

*prices found at your local Wegmans store