

Lower-Sodium Ramen Stir Fry

Ingredients:

- 2 teaspoons vegetable oil
- 20-ounce bag frozen stir-fry vegetables
- ½ medium onion, sliced
- 1 package instant ramen, noodles only
- 2 cups cooked chicken
- Red pepper flakes, to taste
- 1 cup water
- 2 tablespoons less-sodium soy sauce
- 1 tablespoon honey
- ¼ teaspoon garlic powder
- ½ teaspoon ground ginger
- 1 bunch green onions, chopped

Instructions:

1. Heat oil in a skillet over medium-high heat. Add vegetables, onions, ramen noodles slightly broken, chicken, red pepper flakes and water. Stir, cover, and cook for 10-15 minutes, or until noodles are softened. Stir occasionally.
2. In a small bowl, combine soy sauce, honey, garlic powder and ginger. Stir until honey is dissolved. Pour sauce over the mixture and mix until well coated.
3. Cover and reduce the heat to medium-low. Cook for an additional 5 minutes, stirring occasionally.
4. Garnish with green onions and serve.

Source: LSU AgCenter EFNEP, Orleans Parish

Serves: 7

Prep Time: 5 minutes

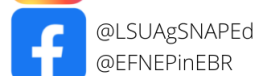
Cook Time: 15-20 minutes

Nutrition Facts	
7 servings per container	
Serving size	1 cup
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 300mg	13%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 5g	
Includes 2g Added Sugars	4%
Protein 16g	
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 1mg	6%
Potassium 41mg	0%

*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.



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Cucumber Salad

Ingredients:

- 1 large cucumber, thinly sliced
- 1/2 medium red onion, thinly sliced
- 1/2 cup apple cider vinegar
- 1/4 cup water
- 1/4 cup sugar
- 1 teaspoon dried dill OR 1 tablespoon fresh dill
- 1 teaspoon minced garlic

Instructions:

1. Place sliced cucumbers and onions in a medium bowl.
2. In a small bowl, mix vinegar, water, sugar, dill and garlic until sugar is dissolved.
3. Pour dressing over cucumbers and red onions. Toss to coat.
4. Serve, or cover and chill in refrigerator for at least 20 minutes for a stronger flavor.

Source: LSU AgCenter

Find the video for this recipe and more at LSUAgCenter.com/BuildAHealthyMeal. The Build a Healthy Video Series and recipe cards are made possible through an LSU AgCenter partnership with Louisiana Healthcare Connections. Learn more about Healthy Louisiana Medicaid and Louisiana Healthcare Connections at www.ChooseLouisianaHealth.com

Serves: 4

Prep Time: 10 minutes + 20 minutes in the refrigerator

Nutrition Facts	
4 servings per container	
Serving size	1/2 cup
Amount per serving	
Calories	70
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 16g	6%
Dietary Fiber 1g	4%
Total Sugars 14g	
Includes 13g Added Sugars	26%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 15mg	2%
Iron 0mg	0%
Potassium 123mg	2%
<small>*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.</small>	



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