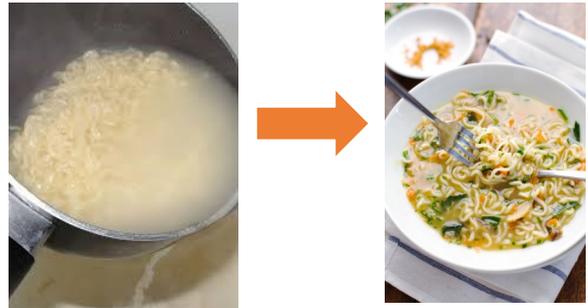




Make Ramen Taste Good & Good For You

Fact : Ramen noodles are fried

Tip: Halfway through cooking: pour out the water and replace with fresh water, then finish



Fact : 1 packet of Ramen noodle seasoning = 7 packets of salt

Tips: Use 1/4 of the seasoning packet then add other salt free seasonings such as dried garlic, onion powder, McCormick's low sodium seasonings, dried ginger OR try tomato sauce, low sodium canned tomatoes, dried herbs and fresh parsley.

Fact : 1 packet of Ramen noodle oil = 2.5 servings of butter

Tip : Use Sesame Oil, Olive Oil, Chili Oil

Sprinkle party peanuts for a Thai Flare!



Extra Good for You Tips:

- Add frozen mixed vegetables, frozen sugar snap peas or frozen mixed pepper strips halfway through cooking
- Add cabbage coleslaw mix
- Use fresh jarred garlic
- Fresh lime juice at the end of cooking
- Add hard boiled egg or scrambled eggs to noodles
- Add Canned chicken or canned salmon





FIT THESE INTO YOUR BUDGET



<u>Food</u>	<u># Servings per Package</u>	<u>Serving Amount</u>	<u>Total Cost</u>	<u>Cost Per Serving</u>
<u>Seasonings/Sauce</u>				
Store Brand Dried Garlic, Dried Onion, Lemon Pepper, Italian Seasoning	136	1/8 tsp	\$1.19	\$0.01
Mrs Dash Seasonings	101	1/4 tsp	\$3.00	\$0.03
McCormicks Low Sodium Seasonings	119	1/4 tsp	\$3.00	\$0.03
Brand Name Garlic Powder	156	1/8 tsp	\$2.29	\$0.01
Fresh Cilantro	15	1 sprig	\$1.00	\$0.07
Fresh Parsley	15	1 sprig	\$1.00	\$0.07
Tomato Sauce	5	1/2 cup	\$1.49	\$0.30
Whole Limes	4	1/2 lime	\$1.00	\$0.25
Jarred minced garlic	56	1/4 tsp	\$2.49	\$0.04
<u>Oil</u>				
Sesame Oil	30	1 tsp	\$4.59	\$0.15
Chili Oil	14	1 TB	\$2.99	\$0.21
Olive Oil	17	1 TB	\$2.99	\$0.18

<u>Vegetables</u>				
Frozen Mixed Vegetables	5	3/4 cup	\$1.00	\$0.20
Frozen Mixed Pepper Strips	5	1/2 cup	\$1.29	\$0.26
Frozen Sugar Snap Peas	5	3/4 cup	\$1.29	\$0.26
Fresh Shredded Cabbage (Coleslaw Mix)	4	1 & 1/4 cup	\$1.99	\$0.50
<u>Protein</u>				
Canned Salmon	7	1/4 cup	2.99	0.43
Canned Chicken	2	1/4 cup	1.79	0.90
Fresh Whole Eggs	8	1	1.49	0.19
Party Peanuts (Low sodium < 100mg/serving)	19	30 pieces	3.49	0.18