Upgraded Ramen

Ingredients:
1 tablespoon vinegar
1 large egg
1 package instant ramen noodles, cooked
1 cup fresh spinach
¼ cup mushrooms, canned, low sodium, rinsed and drained
1 small bunch green onions, chopped
1 teaspoon sriracha

Instructions:
1. Poaching the Egg

    1. Combine 4 cups of water and 1 tablespoon of vinegar in a bowl and microwave on high heat for 4 minutes, or until boiling.
    2. Crack egg into water. Cover bowl with plate and leave for 90 seconds.
    3. Return bowl to microwave for 30 seconds.
    4. Remove from microwave and cover again for 90 seconds. White should be firm, if not put in microwave for 15 more seconds, and leave to sit 30 seconds. Set aside.

2. Place Ramen in microwave safe bowl and add water. Cover with plastic wrap and microwave for 3 ½ minutes. Add seasoning packet.

3. Add veggies. Allow to sit in hot broth for 1-2 minutes, or until slightly softened.

4. Top with egg and sriracha. Enjoy!

Prep Time: 0

Cooking Time: 10 min

Equipment:
2 Microwave safe bowls
Spoon
Measuring cups and spoons

Servings: 2
Serving Size: 1 bowl

Nutrition Facts:	271 Calories,	34g Fat,	3 g Saturated Fat,	34g Carbohydrates,	10g Protein,	2g Fiber,
	2.5 g Sugar,	1,031mg Sodium.				

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Check out our blog at www.cookingoncampus.arizona.edu to find past recipes and a list of upcoming classes!
For more info about nutrition and what to eat on campus, go to www.health.arizona.edu, click Health Promotion, then Nutrition.

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