



Peanut Thai Ramen

6 servings

To help reduce your grocery budget, plan to shop no more than once per week. Usually, the more trips you make to the store, the more money you spend.

- 2 packages oriental ramen noodles
- v 2 cups oriental frozen vegetables
- v 1/4 cup peanut butter
- v 1/3 cup hot water
- v 1/4 teaspoon red pepper flakes
- v 1 teaspoon sugar

1. Set ramen seasoning aside.*
2. Bring 4 cups of water to a boil. Add noodles and frozen vegetables.
3. Cook for 3 minutes. Stir occasionally. Drain.
4. In a medium bowl, whisk together peanut butter, hot water, pepper flakes, and sugar. Add seasoning, if desired.
5. Add noodles and vegetables to the sauce. Toss.

NOTE: Add cooked chicken breast or shrimp for added protein.

*Do not use or use only one packet for a lower sodium meal.

Nutrition Information per Serving: (1/6 of recipe) Calories 206, Total Fat 10g, Saturated Fat 3g, Cholesterol 0mg, Sodium 382mg, Total Carbohydrate 24g, Dietary Fiber 2g, Sugars 3g, Protein 6g, Vitamin A 13%, Vitamin C 16%, Calcium 1%, Iron 8%.