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

1. Wash hands with soap and water.
2. Set ramen seasoning aside.*
5. In a medium bowl, whisk together peanut butter, hot water, pepper flakes, and sugar. Add
   seasoning, if desired.
6. Add noodles and vegetables to the sauce. Toss.
7. Store leftovers in a sealed container for up to four days.

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 180, Total Fat 7g, Saturated Fat 1g,
Cholesterol 0mg, Sodium 260mg, Total Carbohydrate 25g, Dietary Fiber 2g, Sugars 4g, includes 1g
Added Sugars, Protein 6g, Vitamin D 0%, Calcium 2%, Iron 8%, Potassium 2%.