

# Healthy and Fresh on a Budget

## Quick Homemade Ramen



Using locally sourced ingredients from our food pantry on Stock Island, Chef Juan Cuadra taught how to use every part of the food that you have to make a quick homemade ramen and a side salad. Mr. Cuadra is currently working at Oceans Edge Hotel and Marina in downtown Key West. While teaching the cooking class at our Community Kitchen, Cuadra shared stories of growing up not having much to eat and how that sparked an interest in food for him. He talked about the amount of sodium in the flavor packets of ramen and why it isn't good to eat them. Check out the ramen recipe in English and Spanish below.



# Quick Homemade Ramen



## INGREDIENTS

1 tbsp sesame oil  
4 cups of chicken broth  
4 cups of water  
Sriracha to taste  
3 tsp grated ginger  
4 tsp grated garlic  
1/2 cup chopped scallions  
2 cups chopped kale  
1 cup shredded carrot  
1-ounce mushrooms  
4oz cooked chicken  
2 packages of instant ramen (noodles only)  
crunchy goldenpanko crumbs for topping



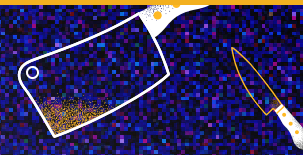
## DIRECTIONS

1. Heat sesame oil in a large skillet over medium-low heat. Add the garlic and ginger; stir fry for 2 minutes or until soft and fragrant.
2. Add the broth and water. Bring to a simmer; add the mushrooms and simmer for 10 minutes or until the mushrooms have softened.
3. Add the instant ramen to the hot liquid and simmer for 5 minutes or until the noodles have softened. Add the scallions and stir to combine.
4. Remove from heat, stir in the kale and carrots, and top with crunchy panko crumbs and chicken. Season with sesame oil and/or Sriracha.

## Nutrition Facts

Serving Size 1 cup  
Servings Per Recipe: 6  
Calories Per Serving: 197

Total Fat 7.7g  
Cholesterol 0mg  
Sodium 1177.3mg  
Total Carbohydrate 28g  
Dietary Fiber 2.6g  
Sugars 2.5g  
Protein 5.4g  
Vitamin A 208.6 ug  
Vitamin C 9.3mg  
Iron 1.9mg  
Potassium 311.3 mg  
Phosphorus 90.2mg



# Maruchan casera



## INGREDIENTES

1 cucharada de aceite de sésamo  
4 tazas de caldo de pollo  
4 tazas de agua  
Salsa Sriracha al sabor  
3 cucharaditas de jengibre rallado  
4 cucharaditas de ajo rallado  
1/2 taza de cebolletas picadas  
2 tazas de col rizada picada  
1 taza de zanahoria picada  
1-onza de hongos  
4 onzas de pollo cocinado  
2 paquetes de maruchan instantaneos (la pasta solamente)  
migas de panko crujiente



## DIRECCIONES

1. Caliente el aceite de sésamo en un sartén grande sobre fuego medio bajo. Agrège el ajo y jingibre; sofrie por 2 minutos o hasta suave y fragante.
2. Agregue el caldo y la agua. Lleve a fuego lento; agregue los hongos y deje a fuego lento por 10 minutos o hasta que hongos estén suave.
3. Agregue el marchuchan instantaneo al liquido caliente y dejelo a fuego lento por 5 minutos o hasta que la pasta este suave. Agregue las cebolletas y mezcle.
4. Quitelo del fuego, mezcle el col y zanahoria, y agregue panko y pollo encima. Sazone con aceite de sesamo y/o sriracha.

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