

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
 - 2 cups oriental frozen 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.*
 3. Bring 4 cups of water to a boil. Add noodles and frozen vegetables.
 4. Cook for 3 minutes. Stir occasionally. Drain.
 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 in the refrigerator 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 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%.