



The Kitchen at Second Harvest Ramen Peanut Salad try at home recipe

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Ingredients

Peanut Dressing

- 1 1/2 TBSP peanut butter
- 1/4 tsp honey
- 1 tsp soy sauce
- 1 tsp olive oil
- 1 tsp rice vinegar
- 2 TBSP water
- 1/4 tsp ginger powder
- 1/4 tsp garlic powder
- 1/4 tsp lime juice
- pinch salt

Salad

- 1 1/2 cup shredded cabbage or greens
- 1/4 cup cucumber
- 1/4 cup tomato
- 1/2 package ramen broken up
- 2 tbsp green onion to garnish

Yield: 2 servings

Serving Size: about 1.5 cups

Directions

1. Mix all peanut dressing ingredients together well and set aside.
2. Cut up cucumbers and tomatoes into bite-sized cubes. Slice green onion.
3. Mix all ingredients except green onions in a large bowl with the salad dressing.
4. Top with green onion to garnish and serve.



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and ways to get involved!



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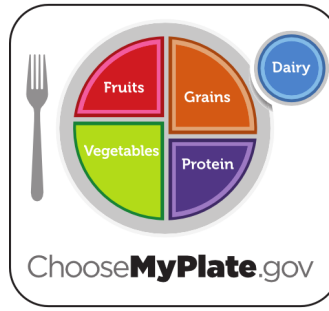


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Featured Food Groups

The benefits of healthy eating add up over time, bite by bite. Small changes matter. Start Simple with MyPlate.

A healthy eating routine is important at every stage of life. It can have positive effects that add up over time. It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified alternatives. When deciding what to eat or drink, choose options that are full of nutrients. Make every bite count.



Vegetables 1 cup of raw or cooked vegetables or vegetable juice or 2 cups raw leafy salad greens counts as one serving of vegetables.



Foods made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a **grain** product. Bread, pasta, breakfast cereals, grits, and tortillas are examples of grain products. Foods such as ramen, popcorn, rice, and oatmeal are also included in the Grains Group.

Cooking Tips

- Mix in tofu or a protein option to add in another food group and feel fuller for longer.
- You can cook the ramen noodles by boiling for 1-2 minutes if you prefer softer foods.
- You can also substitute the ramen noodle with 1/2 cup cooked brown rice or noodles.
- Try adding other chopped veggies!

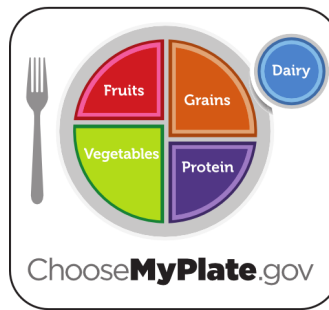
Second Harvest is an equal opportunity provider.



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Nutrition Facts

Nutrition Facts	
2 servings per container	
Serving size	1.5 cups
Amount Per Serving	
Calories	210
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Sodium 610mg	27%
Total Carbohydrate 18g	7%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 6g	12%
Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

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