



# The Kitchen at Second Harvest Vegetable Ramen try at home recipe

Recipe modified from *Ramen: 80 Easy Noodle Bowls and Broths* and Makiko Sano

flip to learn more!



## Ingredients

- 4 cabbage leaves
- 1 large carrot
- 1 celery stalk
- 1 small onion
- 1.5 teaspoon sesame oil
- 4.5 cups water
- 2 teaspoons vegetable stock powder
- Salt and pepper
- 2 tablespoons cooking sake
- 4 teaspoons soy sauce
- 2.5 cups spinach
- 300 g / 10.5 oz ramen noodles
- Optional toppings: grated fresh ginger root, green onions

**Yield: 2 servings**

**Serving Size: 1 bowl**



## Directions

1. Chop cabbage leaves, carrot, celery, and onion into 1 cm (1/2 inch) widths
2. Heat 1 teaspoon of sesame oil in a deep frying pan or wok and fry the vegetables for 3-4 minutes until they soften but retain some crunch. Season the vegetables with salt and pepper.
3. Pour in the water and the vegetable stock powder, sake, soy sauce, and 1/2 tsp sesame oil and stir. Bring to a boil, then add noodles and spinach and cook for 3 minutes.
4. Divide noodles between 2 serving bowls and top with grated ginger and green onions, if desired.

Find more recipes, free classes, and ways to get involved!



[secondharvestkitchen.org](http://secondharvestkitchen.org)



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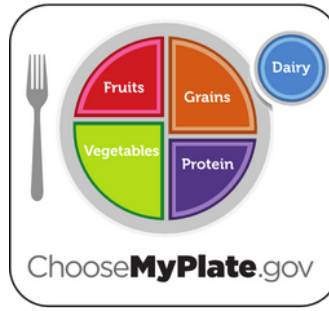


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## Featured Food Groups

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.



**Protein** includes all foods made from seafood; meat, poultry, and eggs; beans, peas, lentils; and nuts, seeds, and soy products. Beans, peas, and lentils are also part of the Vegetable Group.



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 popcorn, rice, and oatmeal are also included in the Grains Group.



Any **vegetable** or 100% vegetable juice counts as part of the Vegetable Group. Vegetables may be raw or cooked and can be fresh, frozen, canned, or dried. They can be whole, cut-up, or mashed.

## Cooking Tips

- Add any other veggies you like, such as mushrooms!
- Top with your favorite hot sauce and sesame seeds
- If using instant ramen, substitute the included packet for vegetable stock

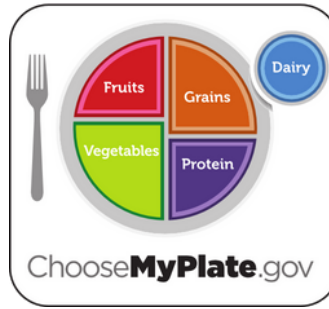
**Second Harvest is an equal opportunity provider.**



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## Nutrition Facts

<b>Nutrition Facts</b>	
2 servings per container	
<b>Serving size</b>	<b>1 Bowl</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>210</b>
% Daily Value*	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1.7g	<b>9%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 1100mg	<b>48%</b>
<b>Total Carbohydrate</b> 29g	<b>11%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 7g	
Includes < 1g Added Sugars	<b>1%</b>
<b>Protein</b> 8g	<b>16%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 117mg	<b>8%</b>
Iron 2.52mg	<b>15%</b>
Potassium 705mg	<b>15%</b>
* 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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