

# ELEVATED



# RAMEN

*Most packaged ramen contains anywhere from 60-75% of the daily amount of sodium recommended by experts (mostly from the flavor packet). Use this QR code for 100% microwavable recipes that will elevate your ramen and your health!*



Dietetic Internship  
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# ELEVATED RAMEN

Try these tips and tricks to elevate your ramen without the sodium filled flavor packet. These options are full of the healthy benefits found in vegetables, protein, healthy fats, herbs and spices. Even better way to enjoy a college student favorite; knowing you are fueling your body with everything you need to ace that test!

## Vegetables

- Steamed veggies! Try broccoli, carrots, peas, cauliflower, or edamame. Most of these come in bags so you can easily steam in the microwave.
- Canned/fresh/frozen corn, mushrooms, tomatoes, beans, green beans, radishes, zucchini or fresh cut green onions.
- Stir in a handful of baby spinach at the last 30 seconds of cooking
- A side of avocado or tomatoes

## Protein

- Put tofu in the ramen during the last minute of cooking.
- Cooked, canned or leftover chicken
- Add bone broth
- You can easily cook eggs in the microwave if you do not have a stove, instructions can be found on the following page

## Dried Herbs and Spices

- Dynamic duo: black pepper & turmeric. These two together have powerful antiinflammatory properties and are great for your brain!
- Garlic powder, curry powder, dried ginger or red pepper flakes
- Cilantro, scallions (green onions) and parsley

## Healthy Fats

- Flax or sesame seeds
- Toasted sesame oil or canned coconut milk
- Fried, scrambled or boiled egg
- Avocado



# ELEVATED RAMEN:



## MICROWAVE SCRAMBLED EGGS

- *Just add 2 eggs to a microwave safe bowl. Add 2 tablespoons of milk and a dash of salt and pepper.*
- *Mix well with a fork.*
- *Pop the bowl into the microwave and cook on high for 30 seconds.*
- *Remove the bowl and beat the eggs very well, scraping down the sides of the bowl.*
- *Return to the microwave for another 30 seconds.*
- *Repeat this pattern, stirring every 30 seconds for up to 2 ½ minutes.*
- *Stop when the eggs have the consistency you desire.*

