

# What's Cooking?



## How To Upgrade Your Ramen:

### *Use Your Own Broth*

Instead of water, cook your ramen in broth. Use can also use bouillon cubes, or mix some miso paste with water. This adds a lot of flavor to the ramen without all the sodium.

### *Add Aromatics*

Fresh garlic, ginger, and green onion really help elevate the ramen flavor in all kinds of dishes. Sauté the ginger and garlic with some oil in a pan before adding to the broth or ramen. The green onion can be cooked with the ginger and garlic and/or sprinkled on top of the dish to serve.

### *Add Vegetables*

Use any vegetables that might need to be used up in your fridge such as carrots, bell peppers, mushrooms, cabbage, kale, and more. Frozen vegetables also work great for ramen dishes.

### *Add Protein*

Any kind of protein works great in a ramen dish. Eggs, tofu cubes, chicken, ground beef or pork, edamame, and fish are great options.

### *Sauce It Up*

Sauces and spices are another great way to ditch the seasoning packet and add flavor to your ramen without the extra sodium. Try soy sauce, sriracha, hot sauce, sesame oil, chili garlic sauce, fish sauce, oyster sauce, or hoisin sauce to your next bowl of ramen.

### *Toppings*

There are so many fun ingredients to add extra flavor, color, and texture to your ramen. Try topping your ramen off with sriracha, sesame seeds, crumbled bacon, fresh herbs, and squeeze of lime juice.

## Featured Recipe of the Week: Ramen



### **Egg Drop Ramen**

1. Beat 1-2 eggs in a small bowl. Set aside.
2. In a pot, heat the broth and ramen noodles over high heat to a boil. Cook for 2-3 minutes, or until noodles soften.
3. Slowly stir in the eggs to the pot of ramen and cook for about 30-60 seconds, or until the eggs are cooked through. Remove from heat and season to your liking.
4. Serve and Enjoy!

### **Poached Egg Ramen**

1. In a pot, heat the broth and ramen noodles over high heat to a boil. Cook for about 1-1 ½ minutes, or until noodles soften.
2. Add any seasonings and sauces to the ramen. Turn the heat off and crack 1 raw egg into the center of the noodles in the pot. Do not stir, or else the egg will break into clumps.
3. Put a lid on the pot and let it rest for 2 minutes. The egg will poach and the noodles will finish cooking while resting.
4. Serve and Enjoy!