



DRESS UP YOUR RAMEN

Ramen noodles are a quick and easy snack, and they taste pretty good, too. But you can make them even better by adding things that make them into a meal. Plus, it's a great way to use up leftovers from other meals. Keep reading for some ideas you can try.

Protein

Try adding some kind of protein to your ramen. An egg (poached or scrambled), or some sliced/cubed tofu, cooked meat (chicken, beef, pork, etc.), or seafood (shrimp, crab, seafood, fish), processed meats (sausage, hotdogs, sliced/shredded lunch meat). Some restaurants offer karaage – Japanese fried chicken – as an accompaniment to their ramen noodles, and it is delicious.

Vegetables

You might be thinking ramen isn't very healthy on its own, but you can add all kinds of vegetables to make it both tasty and good for you. If you're starting with raw vegetables that take longer to cook (like carrots or broccoli) you can add them to the water while you're boiling the noodles. Other additions that cook quickly (like spinach or cabbage) can be added just before serving. If you're using leftovers that have already been cooked, you can add them to the pot to warm them up before eating. What other vegetables might be good? Some possibilities: bean sprouts, water chestnuts, cilantro, sliced avocado, onions, green beans, mushrooms, parsley, etc.

Dairy

Cheese might not be the first thing that comes to mind when you think of ramen pairings, but ramen noodles n' cheese are just as tasty as mac n' cheese. Try adding some cheese to your ramen (you may want to eliminate the flavor packet), like American, cheddar, parmesan, smoked gouda, mozzarella. Or keep it super simple and add butter to your ramen for buttered noodles (these are great with parmesan cheese, pepper, and chives).

Flavor

Maybe you're tired of the standard flavor packets that come pre-packaged with your ramen. You can try adding different spices and sauces from your pantry to change up (and improve!) the flavor of your ramen. This can help you cut down on sodium, too – some flavor packets are very salty. Here are some ideas: hot sauces, sriracha, taco seasoning, ranch seasoning, soy sauce, garlic powder, onion powder, pepper flakes, ginger (fresh or ground), fish sauce (use sparingly!), curries, lemon or lime juice, peanut butter, tahini, and more! See what you already have in your kitchen and have fun experimenting.

Share

How did YOU dress up your ramen? We would love to hear about your experience. You can share your recipe and a picture of your meal with us here: www.huntleylibrary.org/ramen, or drop off your recipes/photos at the library's Information Desk. Happy cooking!



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