

# RAMEN STIR-FRY

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## Ingredients

- 2 Packages of Ramen Noodles, cooked without flavor packet
- 1 Clove of Garlic (chopped)
- 1 Can Mixed Vegetables
- 2 Cans of Chicken

## Directions

1. In a pan, heat oil with chopped garlic.
2. Add the canned vegetables and chicken to the pan. Cook for 5 minutes.
3. Add the cooked ramen noodles to the pan.
4. Add ramen flavor packets to the pan.
5. Mix together and serve.

## Nutrition Fun Facts

This meal provides a good source of carbohydrate, protein, fiber, vitamins and minerals.