



Upgraded Instant Ramen

Yield: 1 serving

Source: www.budgetbytes.com

Ingredients:

- ½ teaspoon minced garlic
- ½ teaspoon minced ginger or 1 teaspoon ground ginger
- ¼ cup sliced mushrooms
- 1 cup reduced sodium broth
- 1 cup water
- 1 package instant ramen (discard seasoning packet)
- 1 cup fresh spinach
- 1 large egg
- 1 green onion, sliced
- Sriracha, to taste

Directions:

1. Add garlic and ginger to a small sauce pot and sauté over medium heat for one minute.
2. Add sliced mushrooms and sauté for one minute. Add the broth and water and bring to a boil.
3. Once boiling add the uncooked ramen noodles. Boil for 3 minutes or until noodles are tender. Do not overcook the noodles. Turn the heat down to low and crack egg into the broth and let it sit for 6 minutes or until the egg whites are cooked and the yolk is still runny.
4. Transfer the soup to bowl and top with green onion and sriracha.

Nutrition information:

Calories: 400

Fat: 6.5g

Sodium: 696mg

Carbohydrates: 64g

Sugar: 4g

Fiber: 5.5g

Protein: 21g