

## **You Don't Need No Stinkin' Instant Ramen**

By: Basil B Brainard

Student Nutrition Association Academy of Nutrition and Dietetics Liaison

A recipe for a healthier version of a classic college meal.

Instant ramen noodles are fried! Save the calories with vermicelli noodles, which can be found in the asian section of most grocery stores. These noodles come in individual bundles for easy preparation. Add your favorite vegetables and you have a delicious and fast meal!

- 1 bundle of bean thread vermicelli noodles
- 1 tablespoon of vegetable or beef broth powder
- 1/2 cup mixed frozen vegetables
- 1 hard boiled egg
- 1 1/2 cup of boiling water

Measure water out and add to a small pot on the stove with medium heat. Once your water is boiling, add frozen vegetables into pot and let thaw until tender. Add vermicelli noodles and broth powder to your favorite bowl. Pour water and vegetables over noodles and broth powder. Cover with a plate and let mixture stand for three minutes. Peel egg and cut into quarters. Add to mixture with any other additions such as chili flakes, kimchee, or sesame seeds. Enjoy!