

## Asian Style Noodles with Soup *Serves 2*



- 8 cups      Chicken broth (low sodium)
- 3 cloves    Garlic, minced
- 1 ea.        Medium onion, small dice
- 2 ea.        Carrots, small dice
- 2 ea.        Celery stalks, small dice
- 1 bunch     Watercress, remove tough parts of the stem, cut into ½ inch pieces
- 4 stalks    Choy sum, cut into ½ inch pieces
- 1 ea.        Daikon, small dice
- Sliced Ginger
- Pepper to taste
- 2 pkg.       Instant Ramen Noodles\*, crushed into chunks
- \*do not use the seasoning packet that comes with the noodle*
- Chopped cilantro or green onion for garnish

1. Sautee Garlic, Onion, Carrot, and Celery Stalk until fragrant.
2. Add Broth (can be half broth, half water) and bring to a boil
3. Add chopped leafy greens (choy sum), daikon, and ginger
4. Add Instant Noodles at the last minute, cook until soft
5. Simmer soup or until vegetables are tender
6. Add cilantro for garnish

<b>Nutrition Facts</b>	
Serving Size (392g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 150</b>	<b>Calories from Fat 40</b>
% Daily Value*	
<b>Total Fat 4.5g</b>	<b>7%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 930mg</b>	<b>39%</b>
<b>Total Carbohydrate 20g</b>	<b>7%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 3g	
<b>Protein 7g</b>	
Vitamin A 150%    •    Vitamin C 100%	
Calcium 10%      •    Iron 10%	
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
	<small>Calories    2,000    2,500</small>
Total Fat	<small>Less Than 65g    80g</small>
Saturated Fat	<small>Less Than 20g    25g</small>
Cholesterol	<small>Less Than 300mg    300 mg</small>
Sodium	<small>Less Than 2,400mg    2,400mg</small>
Total Carbohydrate	<small>300g    375g</small>
Dietary Fiber	<small>25g    30g</small>
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	