

Garlic

# GARLIC PORK RAMEN

## Ingredients:

- 3 packages ramen noodles (any flavor, seasoning discarded)
- 3 Tbsp less-sodium soy sauce
- 1 Tbsp chili paste
- 1 Tbsp honey
- 1/4 cup minced fresh cilantro
- 2 green onions, sliced
- 2 Tbsp olive oil
- 6 cloves garlic, minced
- 1 lb boneless, thin pork chops, fat trimmed, cut into strips
- 1 (20 oz) bag frozen stir-fry mix
- 1 (8 oz) carton sliced fresh mushrooms

## Preparation:

1. Prepare ramen according to package directions. Drain & set aside.
2. In a medium bowl, mix soy sauce, chili paste, honey, cilantro & onions. Set aside.
3. In a large, deep skillet, heat oil over medium-high. Add garlic & pork. Cook 4-5 minutes, or until pork is browned on all sides, stirring throughout.
4. Add stir-fry mix & mushrooms. Mix well. Add honey-soy mixture & toss to coat. Sauté 5-7 minutes, stirring often.
5. Stir in ramen & cook 3-4 minutes or until ramen is heated through.

25 Min | Serves 6

Nutrition Facts	
6 servings per recipe	
<b>Serving size</b>	(274g)
Amount per serving	
<b>Calories</b>	<b>370</b>
% Daily Value*	
<b>Total Fat</b> 14g	18%
Saturated Fat 5g	25%
Trans Fat 0g	
<b>Cholesterol</b> 50mg	17%
<b>Sodium</b> 510mg	22%
<b>Total Carbohydrate</b> 37g	13%
Dietary Fiber 4g	14%
Total Sugars 7g	
Includes 3g Added Sugars	6%
<b>Protein</b> 25g	
Vitamin D 0mcg	0%
Calcium 49mg	4%
Iron 3mg	15%
Potassium 693mg	15%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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# GARLIC

## In Season

June - October

## How to Select

Choose garlic bulbs that are firm, with tight, unbroken skins. Look for bulbs that have no signs of mold or sprouting.

## How to Store

Garlic can last up to 2 months stored at room temperature in a dry area. Keep out of direct sunlight & away from potatoes.

## Helpful Tip

Garlic can be frozen by chopping & wrapping tightly in a freezer safe bag up to 6 months! To use, grate or slice off amount needed.



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