

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	
Serving size	(274g)
Amount per serving	
Calories	370
% Daily Value*	
Total Fat 14g	18%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 510mg	22%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 7g	
Includes 3g Added Sugars	6%
Protein 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.

Are calories & sodium close to a match?

1 for 1 certified

This recipe is 1 for 1 certified & meets a lower sodium standard.

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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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