

QUICK RAMEN



INGREDIENTS:

-**Single Serving Package of “healthy ramen”**—one that uses organic ingredients and is preservative free. This could be wheat, rice or another kind of grain noodle (I like [Lotus Foods rice ramen](#))

-**Organic Vegetables**—(chopped celery, carrot, green onion, dandelion or other bitter green, daikon, mushrooms—pretty much anything goes)

-**Organic Protein**—hardboiled egg, can or sardines, leftover meat, tofu)

-**Garnish**—avocado slices, chopped cilantro, parsley, nori strips, green onions...

PREPARATION:

- Add 2 C water to a pan and bring to a boil
- Add the vegetables and cook at gentle boil for 3 minutes
- Add noodles and cook until noodles are soft
- Take off stove, add the spice packet and stir
- Pour into a bowl
- Garnish with avocado slices, cilantro, parsley, torn up seaweed and enjoy with a spoon and fork.