

## **Veggie Ramen Toss**

Courtesy of Carole's Creations

Prep Time: 15 minutes

Cooking Time:

Serves: 4

**CChints:** Ramen noodles are an inexpensive way to keep your grocery budget in line and still enjoy a great recipes. They come in a variety of flavors and for this recipe we are using the Oriental flavor. Also, it will be easier to cut up any bell pepper if you lay the outside down on your surface and slide the knife through the flesh on the inside of the pepper. Ponzu sauce is a citrus flavored soy sauce that is lighter in sodium than lite soy sauce. You can find it on the Asian isle of your market.



1-1/2 cups water

3 ounce package of ramen noodles, Oriental flavor

1 cup red bell pepper cut into bite-size pieces

1 cup broccoli flowerets, cut into bite-size pieces

4 green onions, cut into 1/2 inch long pieces, green parts only

1 tablespoon Ponzu sauce

1 teaspoon lite soy sauce

1 can sliced water chestnuts, drained

1/2 cup bean sprouts, fresh or drained from a can

Pour the water into a medium size nonstick skillet. Turn the heat to medium and stir in the seasoning package that comes with the noodles. Break apart the noodles and add them to the water. Stir in the rest of the ingredients and bring it to a boil for 3 minutes, stirring often. When the noodles are completely soft, the dish is done.

Serve with a slotted spoon to keep the liquid in the pan. This goes well with the Bourbon Glazed Porkloin recipe on this website.