

Ramen Noodle Stir-Fry

2 Servings

What you need:

- 1 package ramen noodles (any flavor-you won't use the seasoning)
- 1 teaspoon extra-virgin olive oil
- ¼ cup chopped green pepper
- ¼ cup chopped red bell pepper
- ¼ cup chopped onion
- 1 clove garlic, minced
- 1 teaspoon hot sauce
- Oregano to taste
- Cayenne to taste



All you do:

1. Bring a pot of water to a boil. Add the noodles and cook until tender, about 3 minutes.
2. Warm the oil in a large skillet over medium heat. Add the peppers, onion, and garlic and sauté until the vegetables are tender. Add the hot sauce, oregano, and cayenne and let simmer for 5 minutes.
3. Add the noodles to the skillet and cook for about 1 minute, or until thoroughly mixed and heated.

Nutrition per serving : 128 Calories, 2g Fat, 5g Protein, 24g Carbohydrates, 227mg Sodium