



Recipe of the Month - April 2018

Fish and Noodle Skillet

Serves 4

Serving Size: 1 1/4 cups

Cost per Serving: \$1.21

Ingredients:

- 1 Tablespoon oil (*canola, olive, or vegetable*)
- 1 pound of whitefish (*cod, tilapia*)
- 1 cup onion, chopped (*1 medium onion*)
- 1 carrot, diced
- 1 package (*14 ounces*) frozen stir-fry vegetables (*thawed and drained*)
- 1 cup water
- 1 package (*3 ounces*) chicken flavored instant ramen noodles (*broken into pieces*)

Directions:

1. Heat oil in a large skillet over medium heat.
2. Cut fish into chunks (*about 1-2 inches*) while oil is heating.
3. Add fish, onion, and carrot to oil. Sauté until fish is cooked through and vegetables are tender, about 6 minutes.
4. Add the thawed vegetables to the skillet. Stir and heat, about 2 minutes.
5. Add the ramen noodle seasoning packet to the water. Stir into the skillet.
6. Add the ramen noodles to the skillet when the water simmers. Stir to moisten the noodles. Cover the skillet and cook until done, about 2 minutes.
7. Serve immediately.



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NUTRITION FACTS PER SERVING: 290 calories, 9g total fat (2.5 g sat. fat), 55mg cholesterol, 520mg sodium, 24g carbohydrates, 1g fiber, 6g sugar, 27g protein

*Recipe compliments of Iowa State University Extension:
Healthy & Homemade Meals 2018 Nutrition & Fitness Calendar*