

Chicken Ramen

1 Bowl | Grains • Protein • Dairy

Ingredients

- 1 package Ramen noodle (3 ounces)
- 1 can or pouch chicken (5 ounces)
- ½ cup canned peas

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Cook Ramen following package directions. Use oven mitts to remove the hot bowl from the microwave.
3. If canned, open chicken with either pull tab or can opener, and drain. Or, open the pouch.
4. Open canned peas with either the pull tab or can opener, and drain.
5. Add chicken and peas to the ramen.
6. Heat in the microwave for 20-30 seconds longer.
7. Let cool for 1-2 minutes before eating.



Lunch or Dinner
4th grade +



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