

# A Kansas SNAP-Ed *EZ Does it* Recipe

## Fish and Noodle Skillet



Servings: 4

### *Ingredients:*

- 1 tablespoon oil (canola, olive, or vegetable)
- 1 pound white fish (cod, tilapia), cut into 1-2 inch chunks
- 1 medium onion, chopped
- 1 package (14 ounces) frozen stir fry vegetables, thawed and drained
- 1 cup water
- 1 tablespoon lemon juice
- 1 package (3 ounces) chicken flavored instant ramen noodles, broken into pieces
- 1 seasoning packet from ramen noodle package



**Remember to wash your hands with soap and warm water before and after cooking.**

### *Directions:*

1. Heat oil in a large skillet over medium heat.
2. Add fish and onion. Sauté until cooked fish is cooked through and onion is translucent (about 6 minutes).
3. Add thawed vegetables to the skillet. Sprinkle with contents of ramen noodle seasoning packet.
4. Add water and lemon juice. Stir and heat (about 3–4 minutes).
5. Break ramen noodles into several pieces, add to the skillet. Stir to moisten.
6. Cover and cook about 3 minutes.
7. Stir to mix in noodles. Serve immediately.

**Nutrition Facts:** Each serving provides 290 Calories, 9g Total Fat, 2.5g Saturated Fat, 520mg Sodium, 24g Total Carbohydrate, 3g Dietary Fiber, 27g Protein

