

Salmon Stir-Fry: 20 Minute Meal



INGREDIENTS:

1 package (3 oz.) Oriental flavor ramen-style soup
1 can (14.75 oz.) or 2 cans (7.5 oz. each) traditional pack salmon OR 2 cans or pouches (6 oz. each) skinless, boneless salmon
2 Tablespoons cornstarch
1-1/2 cups cold water
2 to 3 teaspoons soy sauce, to taste
1 teaspoon sesame oil
1/2 teaspoon garlic powder
1/4 teaspoon ginger powder
1 Tablespoon vegetable oil
1 package (1 lb.) frozen stir-fry vegetable blend
1 can (8 oz.) sliced water chestnuts, drained or 1 can (15 oz.) stir-fry baby corn

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DIRECTIONS:

Break up ramen noodles and cook according to package directions, omitting but reserving seasoning packet. Drain and keep warm. Drain salmon, reserving liquid. In small saucepan, blend cornstarch, seasoning packet from noodles, water, reserved salmon liquid, soy sauce, sesame oil, garlic powder, and ginger powder. Cook over high heat, stirring frequently, until mixture boils; continue cooking for 1 minute. Remove from heat; reserve and keep warm. In large saucepan, heat oil over medium-high heat. Add frozen stir-fry vegetables and water chestnuts or corn. Stir-fry 3 minutes. Add salmon; cover and cook 1 minute. Add noodles and sauce; stir gently and heat through.
Makes 3 to 4 servings.

NUTRITIONAL INFORMATION:

Nutrients per serving: 300.3 calories, 11.9g total fat, 2.4g saturated fat, 35% of calories from fat, 57.5mg cholesterol, 24.2g protein, 24.9g carbohydrate, 5.1g fiber, 1142.1mg sodium, 249.2mg calcium and 1.9g omega-3 fatty acids.