

### **Asian-Salmon Noodle Soup: 15 Minute Meal**



#### **INGREDIENTS:**

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  
1 package (16 oz.) frozen stir-fry vegetable mix (including sugar snap peas, carrots, mushrooms, onions)  
1 package (3 oz.) Oriental or chicken flavor ramen-style soup  
4 green onions, sliced  
1 Tablespoon fresh grated ginger or 1 teaspoon ground ginger  
2 cloves garlic, minced  
1 Tablespoon soy sauce  
1 teaspoon rice wine vinegar  
1/2 teaspoon sesame oil

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#### **DIRECTIONS:**

Drain and chunk salmon, removing skin and bones (if any). Bring 5 cups water to boil in large saucepan. Add stir-fry mix, cook 3 minutes. Break ramen noodles into 4 pieces, stir into water. Add onions, ginger, garlic, soy sauce, rice wine vinegar, sesame oil and ramen seasoning packet; simmer 3 minutes. Stir salmon into soup; heat through. Serve immediately.  
Makes 4 servings, about 2 quarts.

#### **NUTRITIONAL INFORMATION:**

Nutrients per serving: 276.5 calories, 10g total fat, 2.5g saturated fat, 32% of calories from fat, 57.6mg cholesterol, 25.5g protein, 21.9g carbohydrate, 3.4g fiber, 1385.6mg sodium, 297.8mg calcium and 1.8g omega-3 fatty acids.