

Food

Ramen Scrambled Eggs

- 1 (3 ounce) package ramen noodles (any flavor)
- 1 teaspoon chopped fresh parsley, or to taste
- 1 tablespoon vegetable oil
- ½ onion, chopped
- 2 large eggs
- 1 teaspoon water, or as desired
- 1 pinch salt

Directions

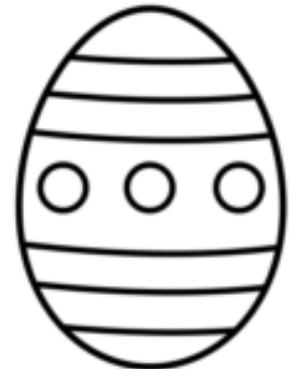
1. Bring a pot of water to a boil; add ramen noodles and cook for 3 minutes. Drain water and stir seasoning packet and parsley into noodles.
2. Heat oil in a nonstick skillet over medium heat; cook and stir onion until fragrant, about 2 minutes. Add noodles and stir for 2 minutes more.
3. Whisk eggs, water, and salt together in a bowl; pour into the same skillet as the noodle mixture. Cook and stir eggs until set and cooked through, 2 to 4 minutes.

Nutrition Facts (per serving) Calories 343; Fat 26g; Carbs 14g; Protein 15g

Food - Fun - Family
Ozark City Schools
Child Nutrition Department
April

Fun

Color these eggs



Family

Color Easter Eggs

Before all the fancy kits - you could combine ½ cup of hot water, 1 teaspoon vinegar and 10-20 drops of food coloring. Soak boiled eggs in this mix. The longer you soak, the bolder the color. If you want to write a name on the egg, use a crayon and write before you soak the egg in the vinegar mix.

