

Kids in the Kitchen



RAMEN CORN CHOWDER

Recipe modified by Stacey Fogarty-Brown MA, RD, CSP

INGREDIENTS

- 2 cups water
- 1 package (~ 3 oz) chicken ramen noodles
- 1 can (~ 15 oz) whole kernel corn, drained
- 1 can (~ 14 oz ounces) cream-style corn
- 1 cup 2% milk
- 1 teaspoon dried minced onion
- 1/4 teaspoon curry powder
- 3/4 cup shredded cheddar cheese
- 1/3 cup cubed cooked bacon
- 1 tablespoon minced fresh parsley
- 1 tablespoon minced chives

DIRECTIONS

1. Boil your package of Ramen + included seasoning packet in a small saucepan until soft (you can just follow the directions on the back of the package).
2. Add in both types of corn, milk, onion and curry powder; heat through for a few minutes until lightly boiling.
3. Stir in the cheese, bacon, parsley and chives until fully combined.

CF NUTRITION TIPS

- For a calorie boost: top with additional bacon, chives or cheddar cheese.
- To reduce calories: omit bacon (or use low-fat bacon), use no fat milk and low fat cheese

