



Featured Recipe

Olson Women's Health Resource Center
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Spicy Shrimp Ramen Bowls

Did you know that shrimp is the most popular type of seafood for Americans? It has a lot of health benefits! It is high in protein and Omega-3, and low in calories and saturated fat. Try this guiltfree Spicy Shrimp Ramen Bowl, it is easy and delicious. You won't be disappointed! Enjoy.

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INGREDIENTS

- 12 oz. of raw shrimp (fresh or defrosted from frozen)
- 8 oz. mixed gourmet mushrooms (Baby Bella, Shiitake, and Oyster)
- 4 tbsp. low-sodium soy sauce (or season to taste)
- 2 jalapeños
- 4 tsp. light sesame oil or avocado oil
- 8 cups low-sodium vegetable broth (or chicken)
- 8 oz. of uncooked ramen noodles
- 4 tbsp. Sriracha (or season to taste)
- 4 cloves garlic
- 2 heads baby Bok Choy
- 6 scallions

INSTRUCTIONS

1. Thaw shrimp if using frozen. You can buy pre-prepped shrimp or add a few minutes to your prep time to peel/clean the shrimp yourself. Next, prep your veggies and measure out remaining ingredients. This dish comes together fast so prepping it all at once is the way to go!
2. Thinly slice jalapeño. Peel and thinly slice garlic. Use a sharp knife to separate both the green onion and the Bok Choy into white and green segments. Thinly chop each and set aside
3. Bring a large pot to medium-high heat with 2 tsp. oil. Add mixed mushrooms, slice jalapenos, and the sliced white portions of your Bok Choy and green onion. (Save the tender green parts for the end) Sauté for approximately four minutes or until tender, adding the garlic towards the end and cooking an additional 30 seconds or until fragrant.
4. Add your broth, soy sauce and Sriracha. Mix well and switch to high heat to bring to a boil. Once boiling, add shrimp and ramen noodles. Cook for approximately three-four minutes or until shrimp are curled and opaque and ramen noodles are tender. Add the thinly sliced Bok Choy and stir to separate noodles.
5. Give the broth a little taste and further season if/as desired. A little extra Sriracha will add heat while extra soy sauce will add saltiness. Ready to eat? Top ramen and broth with the sliced green onion tops and any extras your heart desires.

Prep Time: 20 minutes

Servings: 4 servings

Cook Time: 10 minutes

Total Time: 30 minutes

NUTRITION

Iron: 4mg

Calories: 380 kcal

Carbohydrates: 57g

Fat: 6g

Protein: 28g

Fiber: 2g

Source: <https://peasandcrayons.com/spicy-shrimp-ramen-bowls/#wprm-recipe-container-103496>

Olson Wellness Exchange

Olson Wellness Exchange is a free program in the Omaha area designed to help women incorporate health and wellness into their lives. Join the Olson Wellness Exchange to receive up-to-date information on women's health issues and to learn about companies in Omaha that are working to improve wellness in women. Some benefits of your FREE O.W.E. membership are discounts to Olson Center for Women's Health events, monthly e-mails or mailings with current offerings and promotions from O.W.E. partners, quarterly women's health newsletter on a variety of women's issues, and bi-monthly educational flier on a specific women's health issue. To register, call (402) 559-6345, or visit us at the Olson Center for Women's Health on the 4th Floor of the Durham Outpatient Center on UNMC's main campus, or register online at www.olsoncenter.com

