

Ramen Noodle Pizza

Makes 3 servings

3 pkg. ramen noodles
1 ramen noodle spice pkt.
1 T Italian seasoning
1/4 cup marinara sauce
1/3 cup shredded cheese
Toppings you enjoy!



Prepare noodle per package directions with the omission of the flavor packet. Drain noodles and add 1 flavor packet and 1 tablespoon of Italian seasoning. Turn on your oven to the broiler setting. On a flat top or in a shallow wide pan use the noodles to make two pizza bases by spreading them out in a personal pan pizza-sized circle. Cook on the stove top at medium heat. After two minutes, spread sauce over the noodles, top with cheese and other desired toppings. Heat the noodles for a total of about four minutes, until the bottom is browned. If using a pan with a plastic handle, wrap a layer of tin foil around the handle before putting the pan in the oven. Place pizzas under the broiler for 2-3 minutes.

Nutrition information per serving: 420 calories, 17g fat (9g saturated fat), 12g protein, 510mg sodium, 2g dietary fiber. Good source of calcium. Excellent source of iron.

