

Flavors of Rochester at the Market

Celebrating the Cuisines and Cultures of our Community

*A sampling series brought to you by the Rochester Public Market,
Friends of the Rochester Public Market, and Democrat and Chronicle
Saturdays, May through September 10 a.m. to 12 p.m.*

www.cityofrochester.gov/marketflavors; roc.democratandchronicle.com/section/flavors

Guest Chef for September 12, 2015: Evan Lowenstein,
Public Market Communications Coordinator,
in celebration of **COLLEGE DAY AT THE MARKET!**

To introduce the region's college students to the Public Market (and to get them hooked), we organized a COLLEGE DAY AT THE MARKET, September 12, at which college students can get all kinds of Market goodies. To harmonize with this event, our Flavors of Rochester at the Market sample for this day features Ramen noodles—the iconic, inexpensive staple of the collegiate diet. Except that with this recipe, Ramen noodles are made much better and healthier—without adding much at all to the cost—by infusing them with fresh, local Market veggies!

MARKET RAMEN NOODLE-VEGGIE DELIGHT

Ingredients:

- 2 eggs
- $\frac{3}{4}$ cup water
- 1 package ramen noodles of your choice
- Fresh, diced favorite veggies from the Market: onion, carrot, zucchini, tomato, squash...
- 1 tbsp olive oil
- $\frac{1}{2}$ tsp sesame oil

Process:

- In a small bowl, whisk together two eggs and set aside.
- In a small skillet, bring water to a boil and add vegetarian ramen noodles and fresh veggies, stirring well to combine as noodles cook.
- Add olive oil and sesame oil and then the eggs, stirring well to scramble them with the ramen noodles.
- Optional: add $\frac{1}{2}$ of the ramen seasoning packet or to taste, stirring well to combine.

Enjoy...and still have precious funds left for frozen yogurt and lattes!