

Frugal Foodie Friday: Easy Veggie Udon for Ramen Lovers

It was 15 minutes to dinner, and I needed something to go with two salmon filets. Since I was craving some carbs, and it was a little too late to whip up a batch of bread or cook brown rice, I decided pasta was the way to go. The salmon was marinated in a sesame-soy concoction, generally Asian inspired, so I was excited when I spotted some udon noodles in the cupboard (to keep with the theme of course!). I literally threw the noodles together with a simple veggie saute, and it turned out to be the star of the meal. We both agreed that the Veggie Udon had a Ramen-esque flavor, taking us back to the MSG-rich days of our childhoods. After the success of that throw together dish, my cravings lingered on ... so much so that I had to attempt a re-creation just two nights later. Only this time, it was a giant bowl of Easy Veggie Udon that served as the main dish.