

Curry Noodles



SERVINGS: *x*

COOK TIME: *x*

CALORIES: *x*

INGREDIENTS:

2 bags skinny angel hair noodles
1 tablespoon curry powder
2 tablespoons HOH seasoning
1 bag frozen peppers & onions
1 can mushrooms
2 tablespoons coconut oil
Chives

DIRECTIONS:

1. Rinse the noodles and sauté in coconut oil with the HOH seasoning until heated through.
2. Add the curry powder, peppers & onions, and mushrooms. Cook until the vegetables are tender and warmed through.
3. Optional: Add cooked meat if desired.
4. Top with chives and serve warm.

Ramon Noodles



SERVINGS: *x*

COOK TIME: *x*

CALORIES: *x*

INGREDIENTS:

2 bags skinny ramen-style noodles
2 eggs, beaten
2 tablespoons HOH seasoning
Vegetables of choice (such as onion, mushroom, pepper, or zucchini)
2 tablespoons sesame oil
3 cups water
Cooked meat (optional)

DIRECTIONS:

1. Rinse the noodles and sauté in sesame oil with the HOH seasoning until heated through.
2. Add the water and bring to a boil.
3. Slowly pour in the beaten eggs while stirring gently to create egg ribbons.
4. Add vegetables and cooked meat if desired, then simmer until heated through.
5. Serve warm.

Buttered Style Ramen Noodles



SERVINGS: *x*

COOK TIME: *x*

CALORIES: *x*

INGREDIENTS:

1 bag skinny shrimp noodles
2 tablespoons butter
½ tablespoon HOH seasoning

DIRECTIONS:

1. Rinse and cut the noodles if desired.
2. Cook the noodles in a skillet or on a griddle until heated through and lightly crisped. The longer they cook, the crispier they will become.
3. Add the butter and HOH seasoning and stir until evenly coated.
4. Serve warm.

Spaghetti



SERVINGS: *x*

COOK TIME: *x*

CALORIES: *x*

INGREDIENTS:

2 bags skinny spaghetti noodles
1 (14 oz) can pizza sauce
1 onion, chopped
1 pepper, chopped
1 can mushrooms
1 lb 93% lean ground turkey
¼ cup HOH seasoning

DIRECTIONS:

1. Cook the ground turkey in a skillet with 2 tablespoons HOH seasoning until browned.
2. Rinse the noodles and add them to the skillet along with the chopped onion, pepper, mushrooms, and pizza sauce. Stir to combine.
3. Add the remaining HOH seasoning and simmer until the vegetables are tender and everything is heated through.
4. Serve warm.

Dirty Rice



SERVINGS: *x*

COOK TIME: *x*

CALORIES: *x*

INGREDIENTS:

2 bags skinny rice noodles
2 tablespoons Arabic allspice
(Baharat)
1 onion, chopped
Cooked shredded meat of choice
2 Tbsp butter
HOH seasoning, to taste

DIRECTIONS:

1. Rinse the rice noodles.
2. In a skillet, sauté the noodles and chopped onion in butter until lightly browned and heated through.
3. Add the HOH seasoning, Baharat, and shredded meat. Stir and cook until everything is warmed through.
4. Serve warm.

Chinese Fried Rice



SERVINGS: *x*

COOK TIME: *x*

CALORIES: *x*

INGREDIENTS:

2 bags skinny rice noodles
1 lb frozen mixed soup vegetables
2 tablespoons HOH seasoning
Cooked meat of choice
2 tablespoons butter

DIRECTIONS:

1. Rinse the noodles and sauté in butter with the HOH seasoning until heated through.
2. Microwave the vegetables for 3 minutes, or until warmed through.
3. Add the vegetables and cooked meat to the noodles and stir until combined and heated through.
4. Serve warm.

Shrimp Scampi



SERVINGS: *x*

COOK TIME: *x*

CALORIES: *x*

INGREDIENTS:

1 lb shrimp
2 bags skinny spaghetti noodles
1 tablespoon butter
1 tablespoon garlic
2 tablespoons olive oil
2 tablespoons HOH seasoning
Juice of ½ lemon (or ¼ cup lemon juice)
Red pepper flakes (optional)
Parsley (optional)

DIRECTIONS:

1. Rinse the noodles and sauté in butter with the HOH seasoning until heated through.
2. Add the shrimp, lemon juice, olive oil, and garlic. Cook until the shrimp turn pink and are fully cooked.
3. Optional: Top with red pepper flakes and parsley before serving.
4. Serve warm.

Mongolian Stir Fry



SERVINGS: *x*

COOK TIME: *x*

CALORIES: *x*

INGREDIENTS:

2 bags skinny ramen noodles
1 tablespoon HOH seasoning
2 tablespoons sesame oil
2 tablespoons soy sauce
2 tablespoons Sweetie
2 tablespoons vinegar
1 bunch green onions or chives,
chopped
Cooked meat of choice

DIRECTIONS:

1. Rinse the noodles and sauté in sesame oil with the HOH seasoning until heated through.
2. Add the soy sauce, sweetie, vinegar, and cooked meat. Stir until evenly coated and warmed through.
3. Top with chopped green onions or chives and serve warm.

Beef Stroganoff



SERVINGS: *x*

COOK TIME: *x*

CALORIES: *x*

INGREDIENTS:

2 bags skinny fettuccine noodles
1 lb pre-cooked beef chunks
1 can mushrooms
1 onion, chopped
2 tablespoons butter
2 tablespoons HOH seasoning
1 tablespoon dijon mustard
½ cup sour cream
Chives or parsley (for topping)

DIRECTIONS:

1. Boil the noodles for 10 minutes, then drain.
2. Add the noodles back to the pan along with the onion, HOH seasoning, butter, dijon mustard, and sour cream. Cook for a few minutes until the butter is melted and everything is well combined.
3. Stir in the beef chunks and mushrooms and cook until heated through.
4. Top with chives or parsley before serving.
5. Serve warm.

Fettuccine Alfredo



SERVINGS: *x*

COOK TIME: *x*

CALORIES: *x*

INGREDIENTS:

2 bags skinny fettuccine noodles
1 block cream cheese
1 bag frozen broccoli
Cooked meat of choice
2 tablespoons HOH seasoning
¼ cup half & half
¼ cup butter

DIRECTIONS:

1. In a microwave-safe bowl, combine the cream cheese, half & half, HOH seasoning, and butter.
2. Microwave for 1 minute, then blend with a hand blender until smooth and creamy.
3. Microwave the broccoli for 3 minutes, or until heated through.
4. Boil the noodles for 10 minutes, then drain.
5. Combine the noodles, broccoli, alfredo sauce, and cooked meat. Mix until evenly coated and heated through.
6. You may not need to use all of the sauce. Extra sauce can be refrigerated for later use.
7. Serve warm.

Macaroni & Cheese



SERVINGS: *x*

COOK TIME: *x*

CALORIES: *x*

INGREDIENTS:

2 bags skinny macaroni noodles
1 tablespoon HOH seasoning
4 oz Velveeta cheese
1 tablespoon heavy whipping cream
1 tablespoon butter
1 lb frozen broccoli
Red pepper flakes (optional)
Parmesan cheese (optional)

DIRECTIONS:

1. Boil the noodles for 10 minutes, then drain.
2. Microwave the broccoli for 3 minutes, or until heated through.
3. Return the noodles to the pot and add the HOH seasoning, Velveeta cheese, butter, and heavy whipping cream. Cook over low heat, stirring until the cheese is fully melted and creamy.
4. Stir in the broccoli and heat through.
5. Optional: Top with red pepper flakes and/or Parmesan cheese before serving.

Macaroni Salad



SERVINGS: *x*

COOK TIME: *x*

CALORIES: *x*

INGREDIENTS:

2 bags skinny macaroni noodles
1 tablespoon HOH seasoning
1 tomato, chopped
½ onion, chopped
½ cup celery, chopped
½ cup pepper, chopped
3 hard-boiled eggs, chopped
¾ cup mayonnaise
1 teaspoon mustard
½ cup cheese

DIRECTIONS:

1. Boil the noodles for 10 minutes, then drain and rinse if desired.
2. In a large bowl, combine the noodles, mayonnaise, mustard, and HOH seasoning. Mix thoroughly.
3. Add the tomato, onion, celery, peppers, eggs, and cheese. Mix again until evenly combined.
4. Refrigerate until chilled before serving.
5. Serve cold.

Mexican Style Noodle Omelette



SERVINGS: *x*

COOK TIME: *x*

CALORIES: *x*

INGREDIENTS:

2 bags skinny ramen-style noodles
3 scrambled eggs, chopped
2 Jimmy Dean turkey sausages, chopped
½ lb taco meat
1 onion, chopped and sautéed
¼ cup mozzarella cheese
¼ cup salsa
1 tablespoon butter
2 tablespoons HOH seasoning

DIRECTIONS:

1. Rinse the noodles.
2. In a skillet, sauté the noodles and onions in butter with the HOH seasoning until heated through and lightly browned.
3. Add the taco meat, scrambled eggs, and turkey sausage. Stir while cooking until everything is warmed through.
4. Top with mozzarella cheese and salsa.
5. Serve warm.

Beef Stew Alternative



SERVINGS: *x*

COOK TIME: *x*

CALORIES: *x*

INGREDIENTS:

1 lb beef chunks
½ bunch celery, chopped
1 onion, chopped
2 carrots, sliced
2 rutabagas, diced
2 tablespoons HOH seasoning
1 small can tomato paste (optional)
1 cup water

DIRECTIONS:

1. Add all ingredients to an Instant Pot or crockpot and stir to combine.
2. Cook until the beef and vegetables are tender.
3. Serve warm.

Beef & Broccoli



SERVINGS: *x*

COOK TIME: *x*

CALORIES: *x*

INGREDIENTS:

2 bags skinny ramen noodles
1 lb pre-cooked beef chunks
1 bag frozen broccoli
2 tablespoons HOH seasoning
2 tablespoons sesame oil
2 tablespoons soy sauce
1 tablespoon garlic powder
Red pepper flakes (optional)

DIRECTIONS:

1. Microwave the broccoli for 3 minutes, or until heated through.
2. Rinse the noodles and sauté in sesame oil with the HOH seasoning until lightly browned.
3. Add the beef chunks, broccoli, soy sauce, and garlic powder. Stir and cook until everything is heated through.
4. Top with red pepper flakes, if desired, and serve warm.