

ENHANCING PREPACKAGED FOODS - **RECAP**

Instant ramen

- Eggs
- Peas and carrots
- Low sodium soy sauce, sriracha sauce, sesame oil

Boxed mac and cheese

- Buffalo sauce and chicken
- Ham and broccoli
- Yogurt or sour cream instead of butter

Frozen pizza

- Spinach, onions and mushroom toppings
- Crushed red pepper flakes