

Enhancing prepackaged food

To add interest and additional nutrition, consider adding:

- Eggs, frozen or canned vegetables, or condiments to instant ramen
- Chicken, vegetables, or hot sauces to boxed macaroni and cheese
- Use yogurt or sour cream to in place of butter or milk
- Add vegetables (onions, frozen spinach, canned mushrooms, etc.) to frozen pizza
- Top anything with additional spices (crushed red pepper) or sauces (hot sauce, barbeque sauce, or dressings)