

Semi-homemade meals

By adding extra vegetables and protein to favorite foods like mac and cheese or ramen, you can make a balanced, filling meal quickly!

Mac & Cheese and Peas

- 1 box Mac and Cheese
- 1 cup frozen peas
- Protein of choice (tuna, shredded chicken, etc)

Instructions:

Make Mac & Cheese according to box. Add in peas and protein and heat through.

Ramen Stir Fry

- 1 package of ramen noodles
- Veggies of choice (fresh or frozen) ex: carrots, broccoli, onion, etc.
- 2 T low-sodium soy sauce
- 2 t honey
- Toasted sesame oil

Instructions:

Boil ramen noodles for 2 minutes. Mix together the sauce- combine soy sauce, honey, and a small amount of sesame oil. Drain the noodles. Heat a small amount of oil in a pan, sautee veggies add in noodles. Add in the sauce. Combine and serve. optional protein: tofu, chicken, etc.

Super Soup

- 1 can of low-sodium soup of choice (try chicken and rice, veggie soup, etc.)
- 1/2 c whole grain, cooked (brown rice, barley, etc.)
- Veggies
- Protein of choice (chopped chicken sausage, etc.)

Instructions:

Warm soup in a pot. Add in veggies, protein, and grain and heat through.