

Luau Ginger
Chicken

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1 [HMR® Savory Chicken Entree](#)

2 cups frozen Japanese-style stir fry
vegetables

½ cup pineapple chunks

½ teaspoon ground ginger

1 tablespoon light soy sauce

1. Heat vegetables according to package directions.
2. Open entree and cut chicken into small pieces.
3. Place in medium-sized bowl.
4. Add remaining ingredients.
5. Combine with vegetables.
6. Heat thoroughly.

Calories: 330

Vegetable Servings: 2

Fruit Servings: ½

**Try These Other Veggie
Mix-ins:** Stewed tomatoes,
mushrooms, corn, green
beans, carrots, or your
favorite vegetables