

Spice up Your HMR Entrees

HMR Entrees can be made into dozens of different tasty and filling meals. Simply toss in your favorite vegetables and low-calorie condiments.

Try different preparation methods

- ❖ HMR Entrees heat up quickly in the microwave
- ❖ Eat them at room temperature (Try one over a salad)
- ❖ Bake them in a casserole dish
- ❖ Heat them on the stove top (Immerse unopened tray in boiling water, or open and heat in a nonstick pan)



Spice up your entree / vegetable meals with low-calorie condiments

The condiments below are intended to be used as flavorings only. As a general rule, use items that are 15 calories per tablespoon (Tbsp) or less.

More ways to add variety

- ❖ Add 2 cups or more of fresh, frozen, or canned vegetables—whatever's easiest. Vegetables add volume and extra nutrition to your meals.
- ❖ Combine two different HMR Entrees for a totally new recipe. Virtually all HMR Entrees combine well. For example, Turkey Chili and Chicken Pasta Parmesan make a great "Chili Mac." Use your imagination!
- ❖ Add HMR Chicken Soup to your entrees to create a delicious stew, or make the Chicken Soup as a gravy for your entrees and vegetables by adding less water. (Directions are on the chicken soup box.)

- ❖ Broth (fat free, low sodium)
- ❖ Butter flavorings (powdered or spray)
- ❖ Non-fat sour cream (maximum amount / entree - 1 Tbsp)
- ❖ Fat-free mayonnaise (maximum amount / entree - 1 Tbsp)
- ❖ Fat-free salad dressing
- ❖ Horseradish (no oil, no mayonnaise)
- ❖ Hot sauce
- ❖ Ketchup (maximum amount / entree - 1 Tbsp)
- ❖ Mustard (maximum amount / entree - 1 Tbsp)
- ❖ Non-stick cooking spray
- ❖ Pepper
- ❖ Salsa
- ❖ Salt (in moderation)
- ❖ Soy sauce (low sodium) (maximum amount / entree - 1 Tsp)
- ❖ Spices/herbs/salt-free seasoning (e.g., Mrs. Dash®)
- ❖ Vinegar
- ❖ Worcestershire sauce