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# BREAKFAST

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## Microwave Oven:

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## Conventional Oven:

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### BLUEBERRY PANCAKES & VEGGIE SAUSAGE

1. Peel film halfway and remove pancakes.
2. **Cook sausage on HIGH 30 seconds.**
3. Replace pancakes and re-cover.
4. **Cook on HIGH 45 seconds.**
5. Let stand for 1-2 minutes.

1. Place entrée in an oven proof dish.
2. **Cook for 15-17 minutes at 350°F.**
3. Let stand for 1-2 minutes.

### BREAKFAST SCRAMBLE

1. Pierce film.
2. **Cook on HIGH for 3-4 minutes**, rotating tray halfway through cooking.
3. Let stand 1-2 minutes. Stir before serving.

1. Place entrée in an oven proof dish.
2. **Cook for 25-30 minutes at 350°F.**
3. Let stand for 1-2 minutes. Stir before serving

### CHEDDAR CHEESE OMELET

1. Pierce film.
2. **Cook on HIGH 2½-3½ minutes.** Turn halfway through.
3. Let stand for 1-2 minutes.

1. Place entrée in an oven proof dish and cover with aluminum foil.
2. **Cook for 35 minutes at 375°F.**
3. Let stand for 1-2 minutes. Stir before serving.

### CHOCOLATE MUFFIN

1. Remove film.
2. Wrap in a paper towel and **cook on HIGH for 15-20 seconds.**
3. Let stand for 1-2 minutes.

1. Place muffin directly on baking sheet.
2. **Cook for 10 minutes at 350°F.**
3. Let stand for 1-2 minutes.

### CINNAMON SWIRL FRENCH TOAST

1. Pierce film.
2. **Cook on HIGH 1:15 minutes**
3. Let stand for 1-2 minutes.

1. Place French Toast in an oven proof dish.
2. **Cook for 15-20 minutes at 350°F.**
3. Let stand for 1-2 minutes.

### CINNAMON ROLLS

1. Remove film.
2. Place on a paper towel and **cook on HIGH for 15-20 seconds.**

1. Wrap aluminum foil around cardboard holder and place on baking sheet.
2. **Cook for 10 minutes at 350°F.**
3. Let stand for 1-2 minutes.

### CLASSIC WAFFLES

- NOT RECOMMENDED FOR MICROWAVE  
**TOASTER**
1. Toast waffles on lowest setting.
  2. Two toasts may be required.

1. Place waffles flat on ungreased baking sheet or oven wire rack. For a softer waffle cover tightly with foil.
2. **Cook for 4 minutes at 400°F** or until crisp and hot.
3. Let stand for 1-2 minutes.

### COUNTRY SAUSAGE GRAVY SCRAMBLE

1. Pierce film.
2. **Cook on HIGH for 4 minutes**, rotating tray halfway through.
3. Let stand 1-2 minutes.

1. Place entrée in an oven proof dish and cover with aluminum foil.
2. **Cook for 65 minutes at 350°F.**
3. Let stand for 1-2 minutes.

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### EGG, CHEESE & TURKEY SAUSAGE BURRITO

1. Remove from film. Wrap in paper towel & place on a microwave safe plate.
2. **Cook on HIGH for 1 minute.**
3. Flip burrito and **cook on HIGH for 30 seconds.**
4. Let stand for 1-2 minutes.

1. Place entrée in an oven proof dish and cover with aluminum foil.
2. **Cook for 25 minutes at 350°F.**
3. Let stand for 1-2 minutes.

### FLORENTINE BREAKFAST PIZZAS

1. Remove box & plastic wrap.
2. Place pizzas on cardboard disk, silver side up.
3. **Cook on HIGH for 2 ½ minutes**
4. Let stand for 1-2 minutes.

1. Place pizzas on baking sheet without the cardboard disk.
2. **Cook for 25-30 minutes at 350°F.**
3. Let stand for 1-2 minutes.

### GARDEN VEGETABLE FRITTATA

1. Remove from film. Wrap in paper towel & place on microwave safe plate.
2. **Cook on HIGH 1:45 minutes.**
3. Let stand for 1-2 minutes.

1. Unwrap place bowl directly on baking sheet.
2. **Cook for 25-30 minutes at 350°F.**
3. Let stand for 1-2 minutes.

### MEDITERRANEAN STYLE EGG SANDWICH

1. Remove from film. Wrap loosely in paper towel & place on microwave safe plate.
2. **Cook on HIGH 1:20 minutes,** rotate halfway through.
3. Let stand for 1-2 minutes.

1. Place sandwich in an oven proof dish and cover with aluminum foil.
2. **Cook for 40 minutes at 350°F.**
3. Let stand for 1-2 minutes.

### PUMPKIN LOAF

1. Remove film.
2. Wrap in a paper towel and **cook on HIGH for up to 30 seconds.**

1. Remove paper liner, wrap in aluminum foil, and place on baking sheet.
2. **Cook for 10 minutes at 350°F.**
3. Let stand for 1-2 minutes.

### SUNSHINE SANDWICH

1. Remove from film. Wrap loosely in a paper towel and place on a microwave safe plate
2. **Cook on High 2:15 minutes.**
3. Let stand for 1-2 minutes.

1. Place sandwich in an oven proof dish and cover with aluminum foil.
2. **Cook for 45 minutes at 350°F.**
3. Let stand for 1-2 minutes.

### TURKEY BACON & EGG WHITE SANDWICH

1. Remove from film. Wrap loosely in a paper towel and place on a microwave safe plate
2. **Cook on HIGH 1:20 minutes,** rotate halfway through.
3. Let stand for 1-2 minutes.

1. Place sandwich in an oven proof dish and cover with aluminum foil.
2. **Cook for 40 minutes at 350°F.**
3. Let stand for 1-2 minutes.



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### ASIAN STYLE CHICKEN

1. Pierce film.
2. **Cook on HIGH 2 minutes**, stir and re-cover.
3. **Cook on HIGH 1 ½ minutes**.
4. Let stand for 1-2 minutes.

1. Place entrée in an oven proof dish and cover with aluminum foil.
2. **Cook for 45 minutes at 375°F**.
3. Let stand for 1-2 minutes. Stir before serving.

### BAJA-STYLE CHICKEN QUESADILLA

1. Remove from film.
2. Place on a microwave safe plate and cover with a paper towel.
3. **Cook on HIGH for 1 minute**.
4. Flip quesadilla and **cook on HIGH for 1 minute**.
5. Let stand for 1-2 minutes.

1. Place entrée in an oven proof dish and cover with aluminum foil.
2. **Cook for 25 minutes at 350°F**.
3. Let stand for 1-2 minutes.

### BEEF CHOW MEIN

1. Pierce film.
2. **Cook on HIGH 3 ½ minutes**, stir halfway through.
3. Let stand for 1-2 minutes.

1. Place entrée in an oven proof dish.
2. **Cook for 35 minutes at 350°F**.
3. Let stand for 1-2 minutes.

### BEEF MERLOT

1. Pierce film.
2. **Cook on HIGH 4 ½ minutes**, rotate halfway through.
3. Let stand for 1-2 minutes.

1. Place entrée in an oven proof dish.
2. **Cook for 30 minutes at 350°F**.
3. Let stand for 1-2 minutes.

### BROCCOLI & CHEESE STUFFED POTATO

1. Pierce film.
2. **Cook on HIGH 4-4 ½ minutes**.
3. Let stand for 1-2 minutes.

1. Place entrée in an oven proof dish.
2. **Cook for 45 minutes at 350°F**.
3. Let stand for 1-2 minutes.

### BUTTERNUT SQUASH RAVIOLI

1. Pierce film.
2. **Cook on HIGH 4 minutes**, rotate halfway through.
3. Let stand for 1-2 minutes.

1. Place entrée in an oven proof dish.
2. **Cook for 65 minutes at 350°F**.
3. Let stand for 1-2 minutes.

### CHEESE RAVIOLI

1. Peel back film from one corner of tray.
2. **Cook on HIGH 1 ½ - 2 minutes**, stirring halfway through.
3. Let stand for 1-2 minutes.

## STOVE-TOP

1. Empty contents into a small saucepan.
2. **Simmer on low for 6-8 minutes**, or until hot.

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### CHEESY BROCCOLI

1. Pierce film.
2. **Cook on HIGH 2 minutes**, rotate halfway through.
3. Let stand for 1-2 minutes.

1. Place entrée in an oven proof dish and cover with aluminum foil.
2. **Cook for 45 minutes at 350°F.**
3. Let stand for 1-2 minutes.

### CHEESY CHICKEN ENCHILADA

1. Pierce film.
2. **Cook on HIGH 5 minutes**, rotate halfway through.
3. Let stand for 1-2 minutes.

1. Place entrée in an oven proof dish and cover with aluminum foil.
2. **Cook for 40 minutes at 375°F.**
3. Let stand for 1-2 minutes.

### CHEESY MASHED POTATOES & FRIED CHICKEN

1. Pierce film.
2. **Cook on HIGH 3-4 minutes**, rotate halfway through.
3. Let stand for 1-2 minutes.

1. Place entrée in an oven proof dish.
2. **Cook for 35-40 minutes at 375°F.**
3. Let stand for 1-2 minutes.

### CHICKEN BURRITO

1. Remove from film.
2. Wrap in paper towel & place on a microwave safe plate.
3. **Cook on HIGH for 1 minute.**
4. Flip burrito and **cook on HIGH for 45 seconds.**
5. Let stand for 1-2 minutes.

1. Place entrée in an oven proof dish and cover with aluminum foil.
2. **Cook for 25 minutes at 350°F.**
3. Let stand for 1-2 minutes.

### CHICKEN CARBONARA

1. Pierce film.
2. **Cook on HIGH 4 ½-5 minutes**, stir halfway through.
3. Let stand for 1-2 minutes.

1. Place entrée in an oven proof dish.
2. **Cook for 35-40 minutes at 350°F.**
3. Let stand for 1-2 minutes. Stir before serving.

### CHICKEN FETTUCCINE

1. Pierce film.
2. **Cook on HIGH 4 ½-5 minutes**, stir halfway through.
3. Let stand for 1-2 minutes.

1. Place entrée in an oven proof dish.
2. **Cook for 35-40 minutes at 350°F.**
3. Let stand for 1-2 minutes. Stir before serving.

### CHICKEN POT PIE

1. Remove film completely, leaving cardboard disk on top of crust.
2. **Cook on HIGH 4 ½ minutes**, rotate halfway through.
3. Let stand for 1-2 minutes

1. Place entrée in an oven proof dish.
2. **Cook for 30 minutes at 375°F.**
3. Let stand for 1-2 minutes.



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### CHICKEN STREET TACOS

1. Remove film.
2. **Cook on HIGH 2 minutes.**
3. Let stand for 1-2 minutes.

1. Wrap tacos in aluminum foil and place on baking sheet.
2. **Cook for 30 minutes at 350°F.**
3. Let stand for 1-2 minutes.

### CHICKEN TORTILLA SOUP

1. Peel back lid halfway, **cook on HIGH 45 seconds.**
2. **Stir, cook on HIGH for 45 seconds.**
3. Let stand for 1-2 minutes.

*CAUTION: Popping, movement of the bowl and/or splattering may occur when microwaving.*

## STOVE-TOP

1. Pour soup into a small saucepan.
2. **Simmer on low for 6-8 minutes**, or until hot.

### CHICKEN WRAP WITH BBQ SAUCE

1. Remove from film.
2. Wrap in paper towel & place on a microwave safe plate.
3. **Cook on HIGH 1 ½ minutes**, rotate halfway through.
4. Let stand for 1-2 minutes.

1. Place entrée in an oven proof dish and cover with aluminum foil.
2. **Cook for 30 minutes at 350°F.**
3. Let stand for 1-2 minutes.

### CHUNKY VEGETABLE MEDLEY SOUP

1. Remove cap. Pull tab to remove metal lid. Remaining metal rim is microwavable.
2. Replace cap, **cook on HIGH 30-45 seconds.** Remove cap carefully, stir, replace cap, **cook on HIGH for an additional 20-30 seconds.**
3. Let stand for 1-2 minutes. The cap will be hot. Stir before serving.

*CAUTION: Popping, movement of the bowl and/or splattering may occur when microwaving. Metal edges are sharp.*

## STOVE-TOP

1. Remove cap. Pull tab, remove metal lid.
2. Pour soup into a small saucepan.
3. **Simmer on low for 2-4 minutes**, or until hot.

### CLASSIC CHEESEBURGER

1. Remove from film.
2. Wrap in paper towel & place on a microwave safe plate.
3. **Cook on HIGH 1:45 minutes**, rotate halfway through.
4. Let stand for 1-2 minutes.

1. Remove Bun and set aside.
2. Wrap patty and cheese in aluminum foil and place on baking sheet.
3. **Cook for 35 minutes at 350°F.**
4. Toast Bun for last 5 minutes.
5. Let stand for 1-2 minutes.

### CLASSIC LASAGNA WITH MEAT SAUCE

1. Pierce film.
2. **Cook on HIGH for 4½ minutes.**
3. Let stand for 1-2 minutes.

1. Place entrée in an oven proof dish.
2. **Cook for 45 minutes at 350°F.**
3. Let stand for 1-2 minutes.

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## CREAMY CHICKEN & CORN CHOWDER

1. Remove cap. Pull tab to remove metal lid. Remaining metal rim is microwavable.
2. Replace cap, **cook on HIGH 1 minute**. Remove cap carefully, stir, replace cap, **cook on HIGH for an additional 30-45 seconds**.
3. Let stand for 1-2 minutes. The cap will be hot. Stir before serving.

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### STOVE-TOP

1. Remove cap. Pull tab, remove metal lid.
2. Pour soup into a small saucepan.
3. **Simmer on low for 6-8 minutes**, or until hot.

## CREAMY TOMATO VEGETABLE SOUP

1. Remove cap. Pull tab to remove metal lid. Remaining metal rim is microwavable.
2. Replace cap, **cook on HIGH 30-45 seconds**. Remove cap carefully, stir, replace cap, **cook on HIGH for an additional 20-30 seconds**.
3. Let stand for 1-2 minutes. The cap will be hot. Stir before serving.

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### STOVE-TOP

1. Remove cap. Pull tab, remove metal lid.
2. Pour soup into a small saucepan
3. **Simmer on low for 2-4 minutes**, or until hot.

## FIESTA CHICKEN & RICE

1. Peel back film from one corner of tray.
2. **Cook on HIGH 1-1 ½ minutes**.
3. Let stand for 1-2 minutes.

### STOVE-TOP

1. Empty contents into a small saucepan.
2. **Simmer on low for 6-8 minutes**, or until hot.

## FISH & CHIPS

1. Pierce film.
2. **Cook on HIGH 2 minutes**, rotate halfway through.
3. Let stand for 1-2 minutes.

1. Place entrée in an oven proof dish.
2. **Cook for 35 minutes at 350°F**.
3. Let stand for 1-2 minutes.

## GREEN BEANS WITH GARLIC & OLIVE OIL

1. Pierce film.
2. **Cook on HIGH 3 minutes**, rotate halfway through.
3. Let stand for 1-2 minutes. Stir before serving. If you prefer your green beans to be more tender, cook for an additional minute.

1. Place entrée in an oven proof dish and cover with aluminum foil.
2. **Cook for 45 minutes at 350°F**.
3. Let stand for 1-2 minutes.

## GRILLED CHICKEN SANDWICH

1. Remove from film.
2. Wrap in paper towel & place on a microwave safe plate.
3. **Cook on HIGH 1 ½ minutes**, rotate halfway through.
4. Let stand for 1-2 minutes.

1. Remove Bun and set aside.
2. Wrap chicken in aluminum foil and place on baking sheet.
3. **Cook for 35 minutes at 350°F**.
4. Toast Bun for last 5 min.
5. Let stand for 1-2 minutes.



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### HEARTY BEEF & POTATOES

1. Peel back film from one corner of tray.
2. **Cook on HIGH 1-1 ½ minutes**, stir halfway through.
3. Let stand for 1-2 minutes.

## STOVE-TOP

1. Empty contents into a small saucepan.
2. **Simmer on low for 6-8 minutes**, or until hot.

### HERBED CHICKEN & MUSHROOM SAUCE

1. Pierce film.
2. **Cook on HIGH for 4 minutes**, rotate halfway through.
3. Let stand for 1-2 minutes.

1. Place entrée in an oven proof dish.
2. **Cook for 35-40 minutes at 350°F.**
3. Let stand for 1-2 minutes.

### HOMESTYLE BEEF POT ROAST

1. Pierce film.
2. **Cook on HIGH for 3 minutes**, stir and re-cover.
3. **Cook on HIGH for 1 minute.**
4. Let stand for 1-2 minutes.

1. Place entrée in an oven proof dish and cover with aluminum foil.
2. **Cook for 55 minutes at 350°F.**
3. Let stand for 1-2 minutes.

### ITALIAN STYLE PASTA BAKE

1. Pierce film.
2. **Cook on HIGH for 5 minutes**, rotate halfway through.
3. Let stand for 1-2 minutes.

1. Place entrée in an oven proof dish and cover with aluminum foil.
2. **Cook for 60 minutes at 350°F.**
3. Let stand for 1-2 minutes.

### ITALIAN STYLE WEDDING SOUP

1. Peel back lid halfway, **cook on HIGH 45 seconds.**
2. Stir, **HIGH for 45 seconds.**
3. Let stand for 1-2 minutes.

## STOVE-TOP

1. Pour soup into a small saucepan.
2. **Simmer on low for 6-8 minutes**, or until hot.

*CAUTION: Popping, movement of the bowl and/or splattering may occur when microwaving.*

### KUNG PAO BEEF

1. Pierce film.
2. **Cook on HIGH for 3 ½ minutes**, rotate halfway through.
3. Let stand for 1-2 minutes.

1. Place entrée in an oven proof dish.
2. **Cook for 35-40 minutes at 375°F.**
3. Let stand for 1-2 minutes. Stir before serving.

### LEMON GARLIC SHRIMP

1. Pierce film.
2. **Cook on HIGH for 4 minutes**, rotate halfway through.
3. Let stand for 1-2 minutes.

1. Place entrée in an oven proof dish.
2. **Cook for 35 minutes at 350°F.**
3. Let stand for 1-2 minutes.



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### LENTILS & BEEF

1. Peel back film from one corner of tray.
2. **Cook on HIGH 1 ½-2 minutes**, stir halfway through.
3. Let stand for 1-2 minutes.

## STOVE-TOP

1. Empty contents into a small saucepan.
2. **Simmer on low for 6-8 minutes**, or until hot.

### LOADED BAKED POTATO

1. Pierce film.
2. **Cook on HIGH for 4 ½ minutes**, rotate halfway through.
3. Let stand for 1-2 minutes.

1. Place entrée in an oven proof dish.
2. **Cook for 50 minutes at 350°F.**
3. Let stand 1-2 minutes.

### MACARONI & CHEESE

1. Pierce film.
2. **Cook on HIGH for 4-5 ½ minutes**, stir halfway through.
3. Let stand for 1-2 minutes.

1. Place entrée in an oven proof dish.
2. **Cook for 35-40 minutes at 350°F.**
3. Let stand 1-2 minutes.

### MARGHERITA PIZZA

1. Remove box and plastic wrap.
2. Place pizza on cardboard disk, silver side up.
3. **Cook on HIGH for 1:45 minutes.**
4. Let stand for 1-2 minutes.

1. Place pizza on a baking sheet (discard disk).
2. **Cook for 15-17 minutes at 425°F.**
3. Let stand 1-2 minutes.

### MEATLOAF & BARBECUE SAUCE

1. Pierce film.
2. **Cook on HIGH for 5 ½ - 6 ½ minutes**, rotate halfway through.
3. Let stand for 1-2 minutes.

1. Place entrée in an oven proof dish.
2. **Cook for 40-45 minutes at 350°F.**
3. Let stand 1-2 minutes.

### MESQUITE CHICKEN

1. Pierce film.
2. **Cook on HIGH for 6 - 6 ½ minutes**, rotate halfway through.
3. Let stand for 1-2 minutes.

1. Place entrée in an oven proof dish.
2. **Cook for 40-45 minutes at 350°F.**
3. Let stand 1-2 minutes.

### ORANGE CHICKEN WITH VEGETABLES & BROWN RICE

1. Pierce film.
2. **Cook on HIGH 2 minutes**, stir chicken and sauce.
3. **Cook on HIGH 1 ½ minutes.**
4. Let stand for 1-2 minutes.

1. Place entrée in an oven proof dish and cover with aluminum foil.
2. **Cook for 40 minutes at 350°F.**
3. Let stand 1-2 minutes.

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### PASTA OLE

1. Pierce film.
2. **Cook on HIGH for 3-3 ½ minutes**, stir halfway through.
3. Let stand for 1-2 minutes.

1. Place entrée in an oven proof dish.
2. **Cook for 40-45 minutes at 375°F.**
3. Let stand 1-2 minutes. Stir before eating.

### PEPPERONI PIZZA

1. Remove box and plastic wrap.
2. Place pizza on cardboard disk, silver side up.
3. **Cook on HIGH for 1:45 minutes.**
4. Let stand for 1-2 minutes.

1. Place pizza on a baking sheet (discard disk).
2. **Cook for 15-17 minutes at 425°F.**
3. Let stand 1-2 minutes.

### PHILLY CHEESESTEAK SANDWICH

1. Remove box and plastic wrap.
2. Place open-face sandwich on cardboard disk, silver side up.
3. **Cook on HIGH 2:45 minutes.**
4. Let stand for 1-2 minutes.

1. Place entrée in an oven proof dish and cover with aluminum foil.
2. **Cook for 24 minutes at 350°F.**
3. Let stand 1-2 minutes.

### ROASTED TURKEY MEDALLIONS

1. Pierce film.
2. **Cook on HIGH for 4 – 4 ½ minutes**, rotate halfway through.
3. Let stand for 1-2 minutes.

1. Place entrée in an oven proof dish.
2. **Cook for 30-35 minutes at 350°F.**
3. Let stand 1-2 minutes.

### ROMANO PASTA WITH CHICKEN

1. Peel back film from one corner of tray.
2. **Cook on HIGH 1 ½ minutes**, stir halfway through.
3. Let stand for 1-2 minutes.

*CAUTION: Popping, movement of the bowl and/or splattering may occur when microwaving.*

## STOVE-TOP

1. Empty contents into a small saucepan.
2. **Simmer on low for 6-8 minutes**, or until hot.

### ROTINI PASTA & MEAT SAUCE

1. Peel back film from one corner of tray.
2. **Cook on HIGH 1 ½ – 2 minutes**, stir halfway through.
3. Let stand for 1-2 minutes.

## STOVE-TOP

1. Empty contents into a small saucepan.
2. **Simmer on low for 6-8 minutes**, or until hot.

### SALISBURY STEAK

1. Pierce film.
2. **Cook on HIGH for 4-5 ½ minutes**, rotate halfway through.
3. Let stand for 1-2 minutes.

1. Place entrée in an oven proof dish.
2. **Cook for 35-40 minutes at 350°F.**
3. Let stand 1-2 minutes.



## LUNCH & DINNER

For food safety and quality, ensure product reaches an internal temperature of 165°F / 74°C. Conventional and microwave ovens vary, times given are approximate. Always transfer product to an oven safe dish, trays are not for use in conventional ovens. Oven safe dishes vary, cooking results may differ.



### Microwave Oven:

NOTE: Microwaves vary. Time given is approximate.



### Conventional Oven:

NOTE: Be sure to preheat oven and use an oven safe dish. Packaging not for use in oven. Failure to follow these steps could result in damage to oven.

### SESAME CHICKEN

1. Pierce film.
2. **Cook on HIGH for 2 minutes**, stir and re-cover.
3. **Cook on HIGH 2 minutes.**
4. Let stand for 1-2 minutes.

1. Place entrée in an oven proof dish.
2. **Cook for 30 minutes at 350°F.**
3. Let stand 1-2 minutes. Stir before serving.

### SOUTHWEST STYLE CHICKEN FAJITA BOWL

1. Pierce film.
2. **Cook on HIGH for 4 minutes**, rotate halfway through.
3. Let stand for 1-2 minutes.

1. Place entrée in an oven proof dish and cover with aluminum foil.
2. **Cook for 40 minutes at 375°F.**
3. Let stand for 1-2 minutes.

### SOUTHWEST STYLE CHICKEN SALAD TOPPER

1. Tear seal above zipper. Open bag, remove cheese and tortilla strips.
2. Re-seal bag by completely locking zipper.
3. Place in microwave standing up. **Cook on HIGH for 3 ½ minutes.**
4. Let stand for 1-2 minutes. Carefully handle bag from cool areas.

*Bag will quickly inflate and might make a whistling or popping sound, and may open. This is normal.*

### STOVE-TOP

1. Preheat medium sized skillet over Med-High heat.
2. Add Vegetables & Chicken to skillet, and 3 TBSP water.
3. **Cover and cook**, stirring occasionally **for 7 minutes.**
4. Remove cover for final minute.

### SPAGHETTI & MEATBALLS

1. Pierce film.
2. **Cook on HIGH for 3 ½ minutes**, stir halfway through.
3. Let stand for 1-2 minutes.

1. Place entrée in an oven proof dish.
2. **Cook for 20-25 minutes at 350°F.**
3. Let stand 1-2 minutes.

### STUFFED PIZZA BITES

1. Remove plastic wrap.
2. **Cook on HIGH for 1 ½ minutes.**
3. Let stand for 1-2 minutes.

1. Place pizza bites on a baking sheet.
2. **Cook for 17-20 minutes at 400°F.**
3. Let stand 1-2 minutes.

### SWEDISH STYLE MEATBALLS

1. Peel back film from one corner of tray.
2. **Cook on HIGH 1 ½ - 2 minutes**, stir halfway through.
3. Let stand for 1-2 minutes.

### STOVE-TOP

1. Empty contents into a small saucepan.
2. **Simmer on low for 6-8 minutes**, or until hot.

# LUNCH & DINNER

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## Microwave Oven:

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## Conventional Oven:

NOTE: Be sure to preheat oven and use an oven safe dish. Packaging not for use in oven. Failure to follow these steps could result in damage to oven.

### SZECHUAN SHRIMP

1. Pierce film.
2. **Cook on HIGH for 4 minutes.**
3. Let stand for 1-2 minutes.

1. Place entrée in an oven proof dish.
2. **Cook for 35 minutes at 350°F.**
3. Let stand 1-2 minutes.

### TURKEY BURGER

1. Remove film. Set bun aside.
2. **Cook turkey patty on HIGH 1:10 minutes.**
3. Place turkey patty inside bun. **Cook on HIGH 50 seconds.**
4. Let stand for 1-2 minutes.

1. Wrap sandwich in foil and place on baking sheet.
2. **Cook for 25-30 minutes at 350°F.**
3. Let stand 1-2 minutes.

### TURKEY CHILI

1. Peel back film from one corner of tray.
2. **Cook on HIGH 1 ½ - 2 minutes**, stir halfway through.
3. Let stand for 1-2 minutes.

## STOVE-TOP

1. Empty contents into a small saucepan.
2. **Simmer on low for 6-8 minutes**, or until hot.

### TURKEY & WILD RICE

1. Pierce film.
2. **Cook on HIGH for 4 minutes**, rotate and stir halfway through.
3. Let stand for 1-2 minutes.

1. Place entrée in an oven proof dish and cover with aluminum foil.
2. **Cook for 45 minutes at 350°F.**
3. Let stand 1-2 minutes.

### WHITE BEAN CHICKEN CHILI

1. Peel back film from one corner of tray.
2. **Cook on HIGH 1 ½ - 2 minutes**, stir halfway through.
3. Let stand for 1-2 minutes.

## STOVE-TOP

1. Empty contents into a small saucepan.
2. **Simmer on low for 6-8 minutes**, or until hot.



# DESSERT

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## Microwave Oven:

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## Conventional Oven:

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### APPLE CRISP

1. Remove film.
2. **Cook on HIGH for 30 seconds** or until warm.

1. Place on baking sheet.
2. **Cook 8-10 minutes at 325°F.**
3. Let stand for 1-2 minutes.

### CHOCOLATE LAVA CAKE

1. Remove film.
2. **Cook on HIGH for 20 seconds** or until lava is melted.

1. Thaw approximately 45 minutes.
2. Cover the cake with aluminum foil.
3. **Cook for 3 ½ minutes at 400°.**
4. Let stand 1-2 minutes.

### PUMPKIN SPICE CAKES

1. Remove film.
2. Place on a paper towel and **Cook on HIGH 15-20 seconds.**

1. Place cakes with cardboard on baking sheet.
2. **Cook for 10 minutes at 350°F.**
3. Let stand for 1-2 minutes.