

## REHEATING INSTRUCTIONS

Because ovens can vary in cooking time, the **USDA recommends reheating all protein items to an internal temperature of 165° F as measured with a food thermometer**. Reheat sauces, soups and gravies by bringing them to a rolling boil. Cover food to reheat. This retains moisture and ensures that food will heat all the way through. If reheating items that come in foil pans, remove plastic wrap under foil lid before putting in oven.

**Microwave:** When reheating in the microwave, cover and rotate the food for even heating. Arrange food items evenly in a covered microwave safe glass or ceramic dish and add some liquid if needed. Be sure the covering is microwave safe and vent the lid or wrap to let the steam escape. Not all microwaves heat uniformly. Check the temperature of the food in several places with a food thermometer. Halfway through, give contents a stir when possible.

**Note:** Plastic packaging containers are microwavable. However, all food must be transferred from microwavable containers to casserole dishes or a baking sheet before reheating in the oven.

**Larger quantities may take approx. 10-15 min longer than suggested reheating times. If applicable, please remove the dish, stir contents and return to oven or cooktop. Frozen appetizers will take approx. 15-20 minutes.**

APPETIZERS	oven temperature	instructions
Cheese Appetizer Platter		Enjoy platter chilled out of the refrigerator
Antipasto Appetizer Platter		Enjoy platter chilled out of the refrigerator
Charcuterie Appetizer Platter		Enjoy charcuterie appetizer platter chilled out of the refrigerator
Dumpling Appetizer Platter	350°	Enjoy directly from the refrigerator. Alternatively, you can reheat the dumplings and green beans in a 350 oven on a prepared sheet tray for 7-10 minutes.
Tuscan Appetizer Platter		Enjoy directly from the refrigerator. Select a favorite bread or cracker to dip into the tuscan white bean dip.
BREAKFAST	oven temperature	instructions
Banana Bread French Toast Sticks/ French Toast	350°	Preheat oven. Reserve maple syrup, and Place french toast on oiled sheet tray in single layer and bake for 6-8 minutes, flip french toast and cook for 3-5 minutes more until heated through. Serve with syrup.
Overnight Oats Parfait		Enjoy overnight oats chilled out of the refrigerator
Fruit Salad		Enjoy chilled out of the refrigerator
ENTREES	oven temperature	instructions
Quesadillas: Chicken , Vegetable	350°	Preheat oven, place just the quesadillas on flat tray. Bake for 5-7 minutes. Remove from oven, allow to rest minutes and serve with sour cream and salsa.
Steak Tips:The Works , Teriyaki, BBQ	350°	Preheat oven, turn contents out into single layer on oiled baking sheet. Roast for 8-12 minutes stirring once. Remove from oven and allow to rest a few minutes.
Fajitas: Steak, Chicken, Mushroom	350°	Preheat oven,turn contents out into singl layer on oiled baking sheet. Roast for 8-10 minutes stirring once. Remove from oven, allow to rest a few minutes. Serve tortillas, sour cream, salsa and guacamole.
Italian Meatballs and Linguine		Vent lid, place container in microwave. Microwave -3 minutes on 70% power depending on portion size, stir contents. Microwave a few minutes more. Allow to rest 2-3 minutes.
Beef and Sausage Lasagna	300°	Preheat oven, turn contents out into single layer on oiled baking dish with sides, cover with foil or paper. Roast 40-45 minutes rotating once. Check temperature is above 165*. Remove from oven, allow to rest 5-10 minutes.
Sesame Roasted Cauliflower	350°	Preheat oven, turn contents out into single layer on oiled baking dish with sides, cover with foil or paper. Roast for 8-12 minutes stirring once. Remove from oven and allow to rest a few minutes.
Deconstructed Kebabs: Vegetable, Chicken	350°	Preheat oven, turn contents out into single layer on oiled baking dish with sides, cover with foil or paper. Roast for 8-12 minutes stirring once. Remove from oven and allow to rest a few minutes.
Creamy Mac N Cheese		Vent lid, place container in microwave. Microwave -3 minutes on 70% power depending on portion size, stir contents. Microwave minutes more. Allow to rest 2-3 minutes.
Eggplant Parmesan	300°	Preheat oven, turn contents out into single layer on oiled baking dish with sides, cover with foil or paper. Roast 40-45 minutes rotating once. Check temperature is above 165*. Remove from oven, allow to rest 5-10 minutes.
Coconut Curry Tofu Noodles		Place medium saute pan (depending on portion size), over medium low heat on stove top. Add contents of container and stir to distribute sauce. Cover and cook on medium low heat for 6-8 minutes stirring or tossing often.
Chicken Marsala	350°	Preheat oven, turn contents out into single layer in baking dish with deep sides. Roast for 10-15 minutes. Remove from oven, allow to rest a few minutes.

Citrus Herb Grilled Chicken Breast	350°	Preheat oven, turn contents out into single layer on oiled baking sheet reserving honey mustard sauce for later. Roast for 8-12 minutes stirring once. Remove from oven, allow to rest 5 minutes. Serve with honey mustard sauce on the side.
Chicken Parmesan	350°	Preheat oven, turn contents out into single layer in baking dish with deep sides. Roast for 10-15 minutes. Remove from oven, allow to rest a few minutes.
Chicken Piccata	350°	Preheat oven to 350. Turn contents out into single layer in baking dish with deep sides. Roast for 10-15 minutes. Remove from oven, allow to rest a few minutes.
General Tso Chicken		Vent lid, place container in microwave. Microwave -3 minutes on 70% power depending on portion size, stir contents. Microwave minutes more. Allow to rest 2-3 minutes.
Stir Fry: Chicken, Shrimp		Place medium saute pan (depending on portion size), over medium low heat on stove top. Add contents of container and stir to distribute sauce. Cover and cook on medium low heat for 6-8 minutes stirring or tossing often.
Grilled Chicken Primavera	350°	Preheat oven, turn contents out into single layer in baking dish with deep sides. Roast for 10-15 minutes. Remove from oven, allow to rest a few minutes.
Coconut Fried Shrimp	350°	Preheat oven, place shrimp on low side sheet tray and bake for 5-7 minutes turning once. Remove from oven and serve with mango sauce and squeeze of lemon.
Salmon: Teriyaki, Grilled, Pan Seared	350°	Preheat oven to, turn contents out into single layer on oiled baking sheet reserving pickled ginger for later. Roast for 8-12 minutes turning once. Remove from oven, allow to rest a few minutes. Serve with Pickled Ginger on the side.
<b>SIDES</b>		Vent lid, place container in microwave. Microwave for 1-2 minutes depending on portion size, stir contents, microwave for 1-2 minutes more.
Vegetable Medley	350°	Preheat oven, turn contents out into single layer on oiled baking sheet. Roast for 8-12 minutes stirring once.
Roasted Red Bliss Potatoes	350°	Preheat oven, turn contents out into single layer on oiled baking sheet reserving. Roast for 5-7 minutes stirring once.
Grilled Broccolini		Vent lid, place container in microwave. Microwave for 1-2 minutes depending on portion size, stir contents, microwave for 1-2 minutes more.
Basmati Rice	350°	Preheat oven, turn contents out into single layer on oiled baking sheet. Roast for 8-12 minutes stirring once.
Roasted Three Potato Medley	350°	Preheat oven, turn contents out into single layer on oiled baking sheet reserving. Roast for 6-8 minutes turning once.
Sweet Chili Haricot Verts		Vent lid, place container in microwave. Microwave -3 minutes on 70% power depending on portion size, stir contents. Microwave minutes more.
Thai Basil Fried Rice		Vent lid, place container in microwave. Microwave -3 minutes on 70% power depending on portion size, stir contents. Microwave minutes more.
Vegetable Fried Rice		Vent lid, place container in microwave. Microwave for 1-2 minutes depending on portion size, stir contents, microwave for 1-2 minutes more.
Lemon Spinach Risotto	350°	Preheat oven, turn contents out into single layer on oiled baking sheet. Roast for 8-12 minutes stirring once. Remove from oven, allow to rest minutes.
Pasta Salad/Salad	oven temperature	instructions
Pasta Salad:Greek Orzo, Citrus Bow Tie, Pasta Leonardo, Sesame Pasta, Quinoa Tabouleh, Primavera Quinoa		Serve chilled or allow to sit out at room temperature for 30 minutes prior to serving
Green Salad: Garden, Market, Caesar		Toss all ingredients with dressing well. Serve chilled.
<b>Kids Meals</b>		instructions
Kid's Cheeseburger Sliders		Vent lid, place container in microwave. Microwave for 1 minutes depending on portion size, stir contents, microwave for 1 minutes more.
Kid's Three Cheese Ravioli		Vent lid, place container in microwave. Microwave -3 minutes on 70% power depending on portion size, stir contents. Microwave 1 minutes more.
Kids Chicken Tenders	350°	Preheat oven,turn contents out into single layer on oiled baking sheet reserving honey mustard for later. Roast for 6-8 minutes turning once. Serve with honey mustard on the side.
Kids Mac N Cheese Bites	350°	Preheat oven, turn contents out into single layer on oiled baking sheet reserving ranch for later. Roast for 5-7 minutes turning once.
Kids Cheese Quesadilla	350°	Preheat oven, turn contents out into single layer on oiled baking sheet reserving salsa and sour cream for later. Roast for 3-5 minutes turning once.
Kids Fresh Veggies and Ranch		Enjoy fresh veggies and ranch chilled out of the refrigerator
<b>Sides</b>		instructions
Bake-your-own Cookies	350°	Remove cookie dough from freezer, preheat oven, arrange dough balls on paper lined baking sheet. Bake for 7 minutes, turn, bake for 5 minutes more depending on your desired texture.