IMPORTANTES INFORMACIÓN SOBRE LOS ALIMENTOS ACOMPAÑANTES:

La temperatura de almacenamiento de los recipientes de envasado debe ser la antes de almacenar los alimentos en horneos de microondas o hornos regulares. Para evitarse el contacto con el recipiente y evitar que se dañe el recipiente. A continuación se suministra el recibo de los alimentos para que se hagan de manera segura. Los alimentos que se seleccionen deben ser conservados en un recipiente de acero inoxidable. Si no es posible conservar los alimentos en un recipiente de acero inoxidable, los alimentos deben ser almacenados en un recipiente de plástico o en un recipiente de papel. Los alimentos que se seleccionen deben ser conservados en un recipiente de plástico o en un recipiente de papel.

PROCEDIMIENTO PARA HORNOS DE MICROONDAS:

1. Remueva la tapadera del recipiente y cubierta con plástico para alimentos.
2. Coloque el recipiente sobre un plato para nevera fácilmente.
4. Remueva y mantenga caliente el recipiente y cubierta con plástico para alimentos.

VEGETALES DEL CHOFÉ

1. Remueva el recipiente de plástico del recipiente y cubierta con plástico para alimentos. Cuide el recipiente en el horno de microondas.
2. Remueva por 3 minutos aproximadamente 3 minutos.
3. Remueva y mantenga caliente el recipiente y cubierta con plástico para alimentos.

PAN DE ELOTE

1. Remueva la tapadera del recipiente y cubierta con plástico para alimentos.
2. Caliente en el horno de microondas.
3. Remueva y mantenga caliente el recipiente y cubierta con plástico para alimentos.

PASTEL TIPO QUICHE

1. Caliente el horno a 325°F.
2. Cubra el pastel quiche con papel de aluminio (no remueva) al quitar las migajas de queso parmesano en el recipiente de queso.
3. Remueva y mantenga caliente el recipiente y cubierta con plástico para alimentos.

GUÍAS DE MANEJO DE ALIMENTOS

Si se planea calentar los alimentos en un recipiente de microondas, no embalaje los alimentos en un recipiente de microondas. Siempre use un recipiente de acero inoxidable. Si no es posible conservar los alimentos en un recipiente de acero inoxidable, los alimentos deben ser almacenados en un recipiente de plástico o en un recipiente de papel. Los alimentos que se seleccionen deben ser conservados en un recipiente de plástico o en un recipiente de papel.

FOOD SAFETY GUIDELINES:

- Keep all packaged food refrigerated until ready to prepare. Avoid leaving packaged food out at room temperature.
- Before handling any food products, always wash your hands thoroughly with hot water and soap, dry hands with a clean paper towel.
- When reheating food products, heat to the recommended internal heating temperature by using an approved food thermometer. Any leftover food should be stored in clean sealable food containers and placed in the refrigerator.
- Combined and any double crust pies should be stored at room temperature until served. Pumpkin or cream pie must be refrigerated until ready to serve.
**HASSLE-FREE SIDES: CONVENTIONAL OVEN**

**Pre-heat to 325°F.** Heating times may vary due to various oven models.

### Mashed Potatoes
Remove plastic lid from the container and cover tightly with plastic wrap.

2. Place container on a microwave safe dish and heat at high setting for approximately 3 minutes.
3. Return to the microwave for approximately 3 more minutes or until internal temperature reaches 165°F.
4. Remove and serve or keep warm.

### Fire-Roasted Yams
1. Remove plastic lid from the container and cover tightly with plastic wrap.
2. Place container on a microwave safe dish and heat at high setting for approximately 4 minutes. Remove and stir.
3. Return to the microwave for approximately 3 more minutes or until internal temperature reaches 165°F.
4. Remove and serve or keep warm.

### Stuffing
1. Remove plastic lid from the container and cover tightly with plastic wrap.
2. Place container on a microwave safe dish and heat at high setting for approximately 4 minutes. Remove and stir.
3. Return to the microwave for approximately 3 more minutes or until internal temperature reaches 165°F.
4. Remove and serve or keep warm.

### Fire-Roasted Yams
1. Remove plastic lid from the container and cover tightly with plastic wrap.
2. Place container on a microwave safe dish and heat at high setting for approximately 4 minutes. Remove and stir.
3. Return to the microwave for approximately 3 more minutes or until internal temperature reaches 165°F.
4. Remove and serve or keep warm.

### CHEF’S VEGETABLES
1. Remove plastic lid from the container and cover tightly with plastic wrap.
2. Place container on a microwave safe dish and heat at high setting for approximately 4 minutes. Remove and stir.
3. Return to the microwave for approximately 3 more minutes or until internal temperature reaches 165°F.
4. Remove and serve or keep warm.

### Cornbread
1. Do not place aluminum pan in the microwave!
2. Place container on a microwave safe dish and heat at high setting for approximately 4 minutes. Remove and stir.
3. Return to the microwave for approximately 3 more minutes or until internal temperature reaches 165°F.
4. Remove and serve or keep warm.

### Chipotle-Pineapple Sauce (Stove Top Only)
In a small sauce pan, heat the gravy to a simmer on medium heat.
Stir to avoid sticking. Remove and serve immediately.

### CABBAGE AT JUS (STOVE TOP ONLY)
1. In a small sauce pan, heat the wine to a boil.
2. Remove and serve immediately.

### CREAMED CORN (STOVE TOP METHOD IS RECOMMENDED)
1. Place creamed corn in a small saucepan. Heat to a simmer on medium heat.
2. Stir to avoid scorching. Remove and serve immediately.

### WHOLE QUICHE
1. Carefully remove the whole quiche to a microwave safe dish with a deep rim such as a glass pie dish.
2. Place dish in the microwave and heat for at least 5 minutes.
3. Sprinkle toppings on top of the quiche. Place in the microwave on high for an additional 3 minutes, or until the internal temperature reaches 165°F.
4. Remove and serve or keep warm.

**NUTRITIONAL INFORMATION**

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<th>INGREDIENTS</th>
<th>CALORIES</th>
<th>FAT</th>
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<tr>
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**Oven-Roasted Turkey Breast**

**Pre-heat to 325°F.**

### Oven-Roasted Turkey Breast
1. Remove the turkey breast from wrapper.
2. Place the turkey breast on flat rack in 2 inch deep pan.
3. Cover the pan with aluminum foil. Place in oven and heat for approximately 2 hours or until internal temperature reaches 140°F when checked with a food thermometer or cooking to medium rare.

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**Bone-In Spiral Cut Ham**

**Pre-heat to 225°F.**

### Bone-In Spiral Cut Ham
1. Remove ham from wrapper, including the white plastic sheet.
2. Pre-heat oven to 325°F.
3. Remove the ham from wrapper, including the white plastic sheet.
4. Place ham on flat rack in a 2 inch deep pan.
5. Cover the pan with aluminum foil.
6. Place in oven and heat for approximately 2 hours or until internal temperature reaches 165°F when checked with a food thermometer or cooking to medium rare.
7. Add 10 degrees for each additional level of doneness.
8. Remove from oven, let sit for 5 minutes then serve.

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**Intermediate Cooking**

**Pre-heat to 350°F.**

### Intermediate Cooking
1. Remove prime rib from wrapper. Do not heat prime rib in plastic bag.
2. Place prime rib on flat rack in 4 inch deep pan. Place reserved juice from bag.
3. Cover the pan with aluminum foil. Place in oven and heat for approximately 2 hours or until internal temperature reaches 100°F when checked with a food thermometer or cooking to medium rare.

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**Microwave is recommended for this item.**

**Pre-heat to 100°F.**

### Microwave is recommended for this item.
1. Remove plastic lid from the container and cover tightly with plastic wrap.
2. Place container on a microwave safe dish and heat at high setting for approximately 4 minutes. Remove and stir.
3. Return to the microwave for approximately 3 more minutes or until internal temperature reaches 165°F.
4. Remove and serve or keep warm.

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**Intermediate Cooking**

**Pre-heat to 350°F.**

### Intermediate Cooking
1. Cover the pan with aluminum foil. Place in oven and heat for approximately 1 hour or until internal temperature reaches 165°F.
2. Remove and serve or keep warm.

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**Microwave is recommended for this item.**

**Pre-heat to 100°F.**

### Microwave is recommended for this item.
1. Remove plastic lid from the container and cover tightly with aluminum foil.
2. Place container on a baking sheet and place in oven and bake for approximately 45 minutes or until internal temperature reaches 165°F.
3. Remove and serve or keep warm.

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**Oven-Roasted Turkey Breast**

**Pre-heat to 325°F.**

### Oven-Roasted Turkey Breast
1. Remove turkey breast from wrapper.
2. Place turkey breast on flat rack in 2 inch deep pan.
3. Cover pan tightly with aluminum foil & place in the oven.
4. Heat for approximately 2 1/2 hours or until internal temperature reaches 140°F when checked with a food thermometer in the thickest part of the thigh near to the body, not touching the bone.
5. Remove from oven, carve and serve immediately.

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**Microwave is recommended for this item.**

**Pre-heat to 100°F.**

### Microwave is recommended for this item.
1. Remove plastic lid from the container and cover tightly with plastic wrap.
2. Place container on a microwave safe dish and heat at high setting for approximately 20 minutes.
3. Remove and serve or keep warm.

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**Microwave is recommended for this item.**

**Pre-heat to 100°F.**

### Microwave is recommended for this item.
1. Remove plastic lid from the container and cover tightly with plastic wrap.
2. Place container on a microwave safe dish and heat at high setting for approximately 10 minutes.
3. Return to the microwave for approximately 3 more minutes or until internal temperature reaches 165°F.
4. Remove and serve or keep warm.

---

**Microwave is recommended for this item.**

**Pre-heat to 100°F.**

### Microwave is recommended for this item.
1. Remove plastic lid from the container and cover tightly with plastic wrap.
2. Place container on a microwave safe dish and heat at high setting for approximately 15 minutes or until internal temperature reaches 165°F. Remove and serve or keep warm.

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**Microwave is recommended for this item.**

**Pre-heat to 100°F.**

### Microwave is recommended for this item.
1. Remove plastic lid from the container and cover tightly with plastic wrap.
2. Place container on a microwave safe dish and heat at high setting for approximately 4 minutes.
3. Return to the microwave for approximately 3 more minutes or until internal temperature reaches 165°F.
4. Remove and serve or keep warm.

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**Microwave is recommended for this item.**

**Pre-heat to 100°F.**

### Microwave is recommended for this item.
1. Remove plastic lid from the container and cover tightly with plastic wrap.
2. Place container on a microwave safe dish and heat at high setting for approximately 15 minutes. Remove and stir.
3. Return to the microwave for approximately 3 more minutes or until internal temperature reaches 165°F.
4. Remove and serve or keep warm.