

# **HEATING INSTRUCTIONS**

## **NAE TURKEY HOLIDAY MEAL**

### **NAE TURKEY**

1. Preheat oven to 325°F
2. Remove plastic bag. *Plastic leg bands can be left in place during heating.*
3. Place turkey in roasting pan and add 1 cup of water to bottom of pan.
4. Cover turkey loosely with foil.
  - Following the guide below, cook to an internal temperature of 165°F when probed in the thickest part of the breast.
    - 8 lbs. – 12 lbs.: 2 hours
    - 12 lbs. – 16 lbs.: 2 – 2 ½ hours
    - 16 lbs. – 18 lbs.: 2 ½ - 3 hours
5. Remove foil from the turkey in the last 12 minutes to brown.
6. Let turkey rest for 10 minutes before carving.

### **SIDE DISHES**

1. Refer to heating instructions on each package

# HEATING INSTRUCTIONS

## ORGANIC TURKEY HOLIDAY MEAL

### ORGANIC TURKEY

1. Preheat oven to 325°F
2. Remove plastic bag. *Plastic leg bands can be left in place during heating.*
3. Place turkey in roasting pan and add 1 cup of water to bottom of pan.
4. Cover turkey loosely with foil.
  - Following the guide below, cook to an internal temperature of 165°F when probed in the thickest part of the breast.
    - 8 lbs. – 12 lbs.: 2 hours
    - 12 lbs. – 16 lbs.: 2 – 2 ½ hours
    - 16 lbs. – 18 lbs.: 2 ½ - 3 hours
5. Remove foil from the turkey in the last 12 minutes to brown.
6. Let turkey rest for 10 minutes before carving.

### ORGANIC GRAVY

1. STOVETOP:
  - Pour thawed gravy into a saucepan and heat over medium-low to medium.
  - Heat until simmering then remove from heat.
2. MICROWAVE:
  - Pour thawed gravy into a microwave safe dish.
  - Microwave on high for 3 – 4 minutes, stirring occasionally.

### ORGANIC MASHED POTATOES

1. MICROWAVE:
  - Remove film from thawed mashed potatoes.
  - Microwave on high for 4 – 5 minutes, stirring every 90 seconds until desired temperature is reached.
2. OVEN:
  - Preheat oven to 350°F.
  - Cover tray with foil and bake for 25 – 30 minutes.

### ORGANIC STUFFING

1. MICROWAVE:
  - Remove film from thawed stuffing.
  - Microwave on high for 4 – 5 minutes, stirring every 90 seconds until desired temperature is reached.
2. OVEN:
  - Preheat oven to 350°F.
  - Cover tray with foil and bake for 25 – 30 minutes.

# **HEATING INSTRUCTIONS**

## **NAE SPIRAL SLICED HAM HOLIDAY MEAL**

### **SPRIAL SLICED NAE UNCURED HAM**

1. Preheat oven to 350°F
2. Remove ham from outer and inner bag.
3. Remove soaker pad and plastic from the bone end of the ham.
4. Place ham in a roasting pan, with a rack, and fill bottom of pan with ¼" of water.
5. Rub the enclosed dry glaze directly on the ham and between the slices.
6. Cover loosely with foil.
7. Heat for approximately 10 minutes per pound or until desired temperature is reached (at least 140°F or warmer).
8. Remove foil from the ham in last 5 minutes of heating to brown.
9. Let ham rest for 10 minutes before serving.

### **SIDE DISHES**

1. Refer to heating instructions on each package

# ***HEATING INSTRUCTIONS***

## **GRASS FED BONELESS BEEF RIB ROAST HOLIDAY MEAL**

### **GRASS-FED BONELESS BEEF RIB ROAST WITH AU JUS**

1. Preheat oven to 350°F
2. Remove rib roast from plastic bag and place roast with its juices into a roasting pan. Cover with foil.
3. Heat for 1 hour 15 minutes – 1 hour 30 minutes, or until desired internal temperature is reached.
  - Medium rare: 130°F – 135°F
4. Remove from oven, uncover, and rest for 15 minutes.
5. While roast is resting, pour the au jus into a small saucepan. Heat over medium-high for 5 – 7 minutes, or until simmering.
6. Slice the rib roast, serve with warm au jus, and enjoy!

### **SIDE DISHES**

1. Refer to heating instructions on each package

# ***HEATING INSTRUCTIONS***

## **BONELESS TURKEY HOLIDAY MEAL**

### **BONELESS NAE TURKEY BREAST (Turkey Meal for 2)**

1. Preheat oven to 350°F
2. Remove turkey breast from packaging.
3. Place turkey on a parchment lined baking sheet.
4. Bake, uncovered, for approximately 30 - 35 minutes, until an internal temperature of 165°F is reached.
5. Remove from oven and let turkey rest for 5 minutes before slicing.

### **SIDE DISHES**

1. Refer to heating instructions on each package

# ***HEATING INSTRUCTIONS***

## **VEGAN BUTTERNUT SQUASH LASAGNA HOLIDAY MEAL**

### **BUTTERNUT SQUASH LASAGNA**

1. Preheat oven to 350°F
2. Remove plastic lid and discard.
3. Cover tray with foil.
4. Bake lasagna for 22 – 33 minutes, until an internal temperature of 165°F is reached.
5. Remove foil and let lasagna rest for 5 minutes before serving.

### **GARLIC ROASTED GREEN BEANS**

1. Place green beans into a microwave safe dish.
2. Microwave on high for 2 – 3 minutes, stirring occasionally, until desired temperature is reached.

### **ROASTED SWEET POTATOES**

1. Place sweet potatoes into a microwave safe dish.
2. Microwave on high for 2 – 3 minutes, stirring occasionally, until desired temperature is reached.