

Dish	Instructions
Breakfast Burritos	From frozen - Wrap in damp paper towel. Microwave on high for 2-3 minutes until warmed through.
Breakfast Sandwiches	From frozen - Wrap in damp paper towel. Microwave on high for 60-90 seconds, until cheese is melted and egg is warmed through.
Pancakes	Place frozen pancakes on microwave-safe plate and microwave 15-20 seconds per pancake
Chicken Orzo Soup	For best results, empty contents of container into saucepan and warm over stovetop on medium-low heat, stirring occasionally. Or remove lid and microwave in 60 second intervals until warmed through, stirring in between.
Beef Barley Soup	For best results, empty contents of container into saucepan and warm over stovetop on medium-low heat, stirring occasionally. Or remove lid and microwave in 60 second intervals until warmed through, stirring in between.
Broccoli Cheddar Soup	For best results, empty contents of container into saucepan and warm over stovetop on low heat, stirring occasionally. Or remove lid and microwave in 60 second intervals until warmed through, stirring in between.
Egyptian Lentil Soup	For best results, empty contents of container into saucepan and warm over stovetop on low heat, stirring occasionally. Or remove lid and microwave in 60 second intervals until warmed through, stirring in between.
Chicken Gnocchi Soup	For best results, empty contents of container into saucepan and warm over stovetop on low heat, stirring occasionally. Or remove lid and microwave in 60 second intervals until warmed through, stirring in between.
Potato Leek Soup	For best results, empty contents of container into saucepan and warm over stovetop on low heat, stirring occasionally. Or remove lid and microwave in 60 second intervals until warmed through, stirring in between.
Roasted Tomato Soup	For best results, empty contents of container into saucepan and warm over stovetop on low heat, stirring occasionally. Or remove lid and microwave in 60 second intervals until warmed through, stirring in between.
Pasta e Fagioli	For best results, empty contents of container into saucepan and warm over stovetop on medium-low heat, stirring occasionally. Or remove lid and microwave in 60 second intervals until warmed through, stirring in between.

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Chili	For best results, empty contents of container into saucepan and warm over stovetop on medium-low heat, stirring occasionally. Or remove lid and microwave in 60 second intervals until warmed through, stirring in between.
Stuffed Shells	For best results, empty contents into oven safe dish and bake at 350 degrees for 15-20 minutes. Or microwave with lid popped for 2-3 minutes.
Spaghetti & Meatballs	For best results, empty contents into frying pan and sauté on medium-low heat for 5-10 minutes. Or microwave with lid popped for 2-3 minutes.
Lasagna	For best results, empty contents into oven safe dish and bake at 350 degrees for 15-20 minutes. Or microwave with lid popped for 2-3 minutes.
Stuffed Peppers	For best results, empty contents into oven safe dish and bake at 350 degrees for 15-20 minutes. Or microwave with lid popped for 2-3 minutes.
Chicken Enchiladas	For best results, empty contents into oven safe dish and bake at 350 degrees for 15-20 minutes. Or microwave with lid popped for 2-3 minutes.
Tuscan Chicken and Farfalle	For best results, empty contents into frying pan and sauté on medium-low heat for 5-10 minutes. Or microwave with lid popped for 2-3 minutes. If the sauce becomes too thick, add a splash of milk.
Cheesy Broccoli, Chicken, and Rice Bake	Microwave with lid popped for 2-3 minutes.
Beef Stew	For best results, empty contents into frying pan and sauté on medium-low heat for 5-10 minutes. Or microwave with lid popped for 2-3 minutes. If sauce becomes too thick, add a splash of broth.
Sweet and Sour Pineapple Chicken	Microwave with lid popped for 1-2 minutes.
Chicken Rollatini	Microwave with lid popped for 2-3 minutes.
Macaroni and Cheese	Microwave with lid popped for 1-2 minutes.
Mongolian Beef	For best results, empty contents into frying pan and sauté on medium-low heat for 5-10 minutes. Or microwave with lid popped for 2-3 minutes. If sauce becomes too thick, add a splash of broth.
Vegetable Lo Mein	For best results, empty contents into frying pan and sauté on medium-low heat for 5-10 minutes. Or microwave with lid popped for 2-3 minutes.
Black Bean Quinoa Bake	Microwave with lid popped for 1-2 minutes.
Creole Chicken and Sausage	Microwave with lid popped for 2-3 minutes.

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Honey Balsamic Chicken Breast	For best results, empty contents into oven safe dish and bake at 350 degrees for 15-20 minutes. Or microwave with lid popped for 2-3 minutes.
Bolognese	For best results, empty contents into a frying pan and sauté on medium-low heat for 5-10 minutes. Or microwave with lid popped for 1-2 minutes, stirring halfway through. If sauce becomes too thick, add a splash of chicken broth.
Meatloaf	Microwave with lid popped for 2-3 minutes, stirring sides halfway through.
Eggplant Parmigiana	For best results, empty contents into oven safe dish and bake at 350 degrees for 15-20 minutes. Or microwave with lid popped for 2-3 minutes.
Skinny Chicken Parmigiana	Microwave with lid popped for 2-3 minutes.
Swedish Meatballs	Microwave with lid popped for 2-3 minutes, stirring halfway through.
Grilled Chicken Teriyaki	Microwave with lid popped for 2-3 minutes, stirring sides halfway through.
Spicy Grilled Chicken	Microwave with lid popped for 2-3 minutes, stirring sides halfway through.
Sweet & Spicy Salmon	Microwave with lid popped for 2-3 minutes, stirring sides halfway through.
Roasted Chicken	For best results, empty contents into oven safe dish and bake at 350 degrees for 20-25 minutes. Or microwave with lid popped for 2-3 minutes.
Garlic Shrimp & Veggie Bowl	Microwave with lid popped for 1-2 minutes, stirring halfway through.
Roasted Turkey Breast	For best results, empty contents into oven safe dish and bake at 350 degrees for 20-25 minutes. Or microwave with lid popped for 2-3 minutes.
Porchetta Pork Chop	For best results, empty contents into oven safe dish and bake at 350 degrees for 20-25 minutes. Or microwave with lid popped for 2-3 minutes.