



## HOME COOKING DIRECTIONS

**Arancini: FULLY cooked.** Bake at 400 degrees for 15-20 minutes or until internal temp is 100 degrees and cheese is bubbling out.

**Arepa's:** Thaw overnight or in microwave. Then heat in a frying pan- add ½ Tbsp butter to melt. Add both arepa halves to cover in butter and flip until warmed through. If crispier texture is desired, add a small amount of olive oil additionally to crisp.

**Chicken Tenders: FULLY cooked Tenders.**

Preheat your oven to 375 degrees. Spray a foil lined pan with oil. **Place the frozen chicken tenders** on the foil and spray lightly with oil. Bake for 25-30 minutes (turning after 15 min). If you've **thawed the chicken tenders** beforehand, bake them for 15 min., turning after 7-8 min.

**Empanadas: From FROZEN** To reheat **fully cooked** empanadas, preheat oven to 325 degrees. Place empanadas on parchment lined or pan sprayed lightly with oil. Bake for 25-30 minutes to heat through.

**Lasagna Rollups: Thaw overnight in frig.** Bake with foil on top. Bake in the oven at 375 for 30 minutes. Remove foil and bake for an additional 5-10 minutes uncovered. Remove from the oven and allow to cool for 10 minutes before serving. To bake from **Frozen: Bake** lasagna rolls, covered with foil, in a 375 degrees oven for 1 to 1-1/2 hours or till heated through. Remove foil and **bake for an additional 10 minutes uncovered.** Remove from the oven and allow to cool for 10 minutes before serving.

**Pepperoni Roll: If thawed** overnight, preheat oven to 375 and spray or line a pan with parchment paper. Bake for 20-25 minutes or until light brown all over. **From frozen** preheat oven to 350 and spray or line a pan with parchment paper. Bake for 30 minutes or until lightly brown all over. **Best eaten with pizza or marinara sauce.**

**PIGS IN A BLANKET:** Preheat oven to 325-350 degrees. You do not have to thaw. Place hot dog rolls seam side down on lined or greased baking sheet. Cook 15-18 minutes or until puffed and pale golden.

**Pot Pies:** To bake, **can thaw over-night. FROM THAWED:** Place on baking sheet; **cover edges loosely with foil** and bake at 350 degrees for 45-60 min. Let stand 15 min before serving. **From Frozen:** remove from freezer 30 minutes before baking. Preheat oven to 425°. Place pie on baking sheet; **cover edges loosely with foil.** Bake 30 minutes. Reduce oven setting to 350°; bake 60-80 minutes longer or until crust is golden brown and a thermometer inserted in center reads 165°.

**Soft Pizza Crust:** Remove from freezer, no need to thaw. Preheat oven to 400 degrees. Cover with pizza sauce, cheese and toppings. Bake for 13- 15 minutes or until toppings are bubbly.

**Pizza Crust with Toppings:** Remove from freezer, no need to thaw. Preheat oven to 400 degrees. Bake for 10-12 minutes or until toppings are bubbly.

**Breakfast Sandwich: FULLY cooked.** To bake from frozen: Place biscuits in preheated oven at 350/375 and bake until the biscuits are puffed and pale golden all over, and more brown around the edges about 15-20 min. Remove from the oven and allow to cool before serving.

**All Soups, Balsamic Chicken & Vegan Red**

**Curry:** Remove from freezer and thaw by running under warm water to loosen from sides of container. Empty contents into saucepan over medium heat, stirring constantly until heated through.

**Cinnamon Rolls:** Can bake from frozen. Place rolls in greased muffin pan or small pan with sides of rolls touching each other (this will keep them softer when baked). **Bake** at 350 for 18-20 minutes or until they are bubbling. **Remove** rolls immediately to cool on wire rack.

**Frosting-** 3/4 cup confectioners' sugar, 1 Tbsp butter (melted), 1/4 tsp vanilla and 1 Tbsp milk, plus more if too thick. Stir. The frosting should be thick, spread on cooled rolls. Rolls best eaten first day or microwaved for 10-20 seconds the next day. Keep uneaten rolls in airtight container.

**Crab Cakes: Thaw overnight in fridge. To fry:** Preheat a large nonstick pan to medium heat and coat generously with oil. When oil is hot, place crab cakes in pan and cook until golden brown, about 5 minutes per side. **To bake in oven:** preheat oven to 400. Bake 15 minutes, then turn the crab cakes over, and bake an additional 10 to 15 minutes, until nicely browned, and 165 degrees' internal temperature.

**Cheddar Biscuits:** mix 1/2 tsp garlic salt plus 2 Tbsp melted butter and brush tops and sides of frozen biscuits. **Bake 15 min. at 350 degrees** then turn oven down to **325 and bake another 10 minutes**, until lightly golden brown on top (**25 minutes total**). Remove from the oven, and allow to cool for 5 minutes before transferring to a wire rack to cool completely.

**Cookies: Chocolate Chip, Oatmeal Chocolate Chip, & Skippers.** Bake at 350 degrees for 12-15 min. Remove to wire rack to cool. They may seem underdone, let them cool on pan for 10 minutes. **Snickerdoodle.** Bake at 375 for 13-15 minutes. Remove to wire rack to cool. They may seem underdone, let them cool on pan for 10 minutes. **Molasses.** Bake at 350 degrees for 12-14 minutes. Remove to wire rack to cool. They may seem underdone, let them cool on pan for 10 minutes.