



HOME COOKING DIRECTIONS

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.

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: 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 slightly 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.

Apple Pie (Double Crust or Crumb Topping):

DOUBLE CRUST: Bake straight from the freezer, starting the oven at 425°F for 10 minutes, then turning the temp down to 375°F until the pie is golden brown and bubbling—about 1 hour. Cover edges of crust with foil if browning too fast.

CRUMB TOPPING: Preheat oven to 350 degrees. Take pie out of freezer, unwrap plastic and place on cookie sheet. Cover the pie and cookie sheet loosely with the foil. Bake for 40 minutes, remove the foil, and bake for about 40 minutes more- until the apples are tender.

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. Make frosting. **Frosting-** 3/4 cup confectioners' sugar, 1 Tbsp butter (melted), 1/4 tsp vanilla and 1 Tbsp milk, plus more if too thick. Stir together. 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.

