



HOME COOKING DIRECTIONS

All ovens are different, times noted are best “guestimates”

Arancini: FULLY cooked. Bake at 400 degrees for 15-20-25 minutes or until internal temp is 100 degrees and cheese is bubbling out.

Arepas: 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 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 20-30 minutes to heat through.

Lasagna Rollups: Thaw overnight in frig. Bake with foil on top. Bake in the oven at 350 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 350 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 20-30 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. Bake from frozen. Place hot dog rolls seam side down on lined or greased baking sheet. Cook **14-20 minutes** or until puffed and pale golden.

DAIRY FREE PIGS: Preheat oven to 325-350 degrees. Bake from frozen. Place hot dog rolls seam side down on lined or greased baking sheet. Cook **14-20 minutes** or until puffed and pale golden.

Apple Pie (Double Crust or Crumb Topping):

DOUBLE CRUST: Bake straight from the freezer. Take pie out of freezer, unwrap plastic and place on cookie sheet. Preheat your oven to 425. Bake pie on a lower rack. Bake at 425°F for 10 minutes, then turn the temp down to 375°F and bake until the pie is golden brown and bubbling—about 1 hour. **Cover edges of crust with foil if browning too fast.**

CRUMB TOPPING PIE: Bake straight from the freezer. Preheat oven to 375 degrees. Take pie out of freezer, unwrap plastic and place on cookie sheet. **Cover the pie and cookie sheet loosely with the foil.** Bake pie on a lower rack. Bake for 40-45 minutes, remove the foil, and bake for about 40-45 minutes more- until the apples are tender, and the temperature of the pie is 145 degrees or higher (so you know it is heated through). **Cover edges of crust with foil if browning too fast.**

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 13-16 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 15-25 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 14-20 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.

Pepperoni Pinwheels: Bake from frozen.

Bake at 350 degrees for 15-20 minutes or until lightly brown on outside.

Chicken Pinwheels: Bake from frozen.

Bake at 350 degrees for 16-25 minutes or until lightly brown on outside.

Spinach Egg Turnovers: Thawed: Bake at 350 degrees for 15-25 minutes or until brown on top.

From Frozen: Bake at 350 for 20-30 minutes or until brown on top.

Buttermilk Biscuits: Bake from frozen.

Preheat oven to 375°F. Place the biscuits on a baking sheet. Before baking, brush the tops of the biscuits with a bit of milk. Bake, rotating once during baking, until lightly golden brown on top, about 18-25 minutes. Remove from the oven and allow to cool.

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 375 degrees** then turn oven down to **350 and bake another 10 minutes**, or until lightly golden brown on top (**25-30 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 from frozen. Bake at 350 degrees for 13-15 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 13-15 minutes. Remove to wire rack to cool. They may seem underdone, let them cool on pan for 10 minutes.