

# Heat at Home

Please note that some of these cooking methods may require adult supervision. Suggested Food Safety Practices: Wash your fruits and vegetables before eating or cooking. Fresh food provides a weeks worth of meals

## POTATO PEARLS

Combine in a bowl: 1/2c boiling water, 1 bag of potato pearls, 1 oz margarine (optional), 1/4 tsp. pepper. Slowly add potato, whisking constantly, until well blended, 1-2 minutes

## CHICKEN SANDWICH

Remove chicken patty from bun.  
Microwave on high for 2 1/2 minutes.

## CHICKEN DRUMSTICK

Thaw in refrigerator. Microwave on high for 2 to 2 1/2 minutes

## HAMBURGER

Remove beef patty from bun.  
Microwave on high for 1 minute & 30 seconds

## PIZZA

For best results. Preheat convection oven to 350. Bake for 13-16 minutes

## GRILLED CHEESE

Spray bread with PAM (or butter).  
Place bread on skillet over medium heat, top with cheese. Lay second piece of bread on top and cook until golden brown, flipping occasionally.

## OATMEAL

Combine 1 cup oatmeal, 2 cups water/milk & dash of salt. Microwave for 1 1/2 to 2 minutes. Stir & Serve

## FRENCH TOAST STICKS/WAFFLES & SAUSAGE

Microwave both on high for 45 seconds or internal temperature is 165 degrees

## PORK RIBLET

Remove bun. Microwave on high for 1 minute

## CORN DOG

Microwave on high for 1 minute

## CHICKEN TENDERS/NUGGETS

Microwave on high for 1 minute

## BREAKFAST PIZZA

Bake in toaster oven or convection oven at 375 degrees for 15-17 minutes

All items should be cooked to a minimal internal temperature of 165 degrees

Please note several of our food items contain wheat, egg, & soy