



KOWALSKI'S THANKSGIVING SMALL TURKEY DINNER

Serves 4-6



REHEATING INSTRUCTIONS

WHOLE FULLY COOKED TURKEY

Keep refrigerated until ready to prepare. Melt 8 tbsp. butter.* Remove turkey from packaging; place in foil roasting pan. Brush turkey with ½ of the melted butter; roast in a preheated **350°** oven, covered, for **1 hr.** Uncover turkey; brush with remaining butter. Continue roasting until a thermometer inserted into the thickest part of the thigh and breast, not touching bone, registers **135°** and skin is golden-brown. Remove from oven; cover loosely with foil and let rest for **at least 10 min.**

**For a dairy-free turkey, substitute 6 tbsp. olive oil for the butter.*

SIDES

MASHED POTATOES • SAGE & ONION DRESSING • ROASTED MAPLE SWEET POTATOES

TO BAKE: Keep refrigerated until ready to prepare. Remove lid from each pan*; cover loosely with foil. Bake on a sheet tray in a preheated **350°** oven until heated to an internal temp. of at least **145°** (about **60-90 min.**), stirring halfway through. (For a crispier top on the dressing, remove foil halfway through.)

TO MICROWAVE: Keep refrigerated until ready to prepare. Remove lid from each pan*; cover with a paper towel. Microwave until heated to an internal temp. of at least **145°** (**5-10 min.**), stirring halfway through.

**Pans are oven and microwave safe.*

POULTRY GRAVY

STOVETOP: Keep refrigerated until ready to prepare. Pour into a small saucepan; warm over **medium heat**, stirring frequently, until a thermometer registers an internal temp. of at least **145°** (**about 5-7 min.**). (Do not let thermometer touch bottom of saucepan.)

MICROWAVE: Keep refrigerated until ready to prepare. Pour into a microwave-safe dish; cover with a paper towel. Microwave until heated to an internal temp. of at least **145°** (**about 60 sec.**), stirring halfway through. If needed, continue heating in 30 sec. increments until temp. is reached.

GREEN BEANS WITH SLIVERED ALMONDS

Keep refrigerated until ready to prepare. Microwave beans in the steamer bag until they reach desired tenderness (**5-7 min.**). Add butter or olive oil, if desired*. Season with salt and pepper to taste; top with almonds.

**To keep beans dairy free, use olive oil instead of butter.*

DINNER ROLLS

Remove rolls from bag; place on a sheet pan in a preheated **350°** oven. Bake for **5-7 min.**

CRANBERRY RELISH

Keep refrigerated until ready to serve. Stir to combine; serve chilled.

PUMPKIN PIE

Keep refrigerated until ready to serve.

Cooking times are approximate. You may need to increase cooking time for a full oven or to account for differences in your kitchen equipment.

PERSONALIZED MEAL PLANNING SCHEDULE

To serve your dinner at 6 p.m., put the turkey in the oven at 4:15 p.m., mashed potatoes at 4:30 p.m., etc. Using the chart below, fill in the time slots starting on the far right with the time you'd like to eat. Working to the left, fill in each time slot by the quarter hour.

EXAMPLE	Time:	4:00	4:15	4:30	4:45	5:00	5:15	5:30	5:45	6:00
YOUR SCHEDULE	Time:									
Turkey	Preheat Oven								Rest	
Mashed Potatoes										
Sage & Onion Dressing										
Maple Sweet Potatoes										
Poultry Gravy										
Green Beans										
Dinner Rolls										

SERVE

WHOLE FULLY COOKED TURKEY

Whole Turkey, Salt, Pepper, Olive Oil.
Minimally processed and made with no artificial ingredients. Naturally raised by Ferndale Market in Cannon Falls, Minnesota, with no growth stimulants or antibiotics – ever! Fed a diet of vegetarian grains with no animal byproducts.

NOTE: To prepare a dairy-free turkey, substitute 6 tbsp. olive oil for the butter called for in the heating instructions.

Nutrition Facts Servings: About 17, **Serv. size: about 8 oz. (227g)**, Amount per serving: **Calories 380, Total Fat** 18g (22% DV), Sat. Fat 4g (20% DV), Trans Fat 0g, **Cholest.** 170mg (56% DV), **Sodium** 840mg (34% DV), **Total Carb.** 0g (0% DV), Fiber 0g (0% DV), Total Sugars 0g (Incl. 0g Added Sugars, 0% DV), **Protein** 51g, Vit. D (4% DV), Calcium (2% DV), Iron (10% DV), Potas. (15% DV).

MASHED POTATOES

Potatoes, Whole Milk, Butter (Sweet Cream, Salt), Salt, Nisin Preparation (Salt, Nisin [a natural antimicrobial agent]).

CONTAINS: Milk.

Nutrition Facts Servings: About 10, **Serv. size: about 5 oz. (136g)**, Amount per serving: **Calories 190, Total Fat** 10g (13% DV), Sat. Fat 7g (33% DV), Trans Fat 0g, **Cholest.** 30mg (9% DV), **Sodium** 480mg (21% DV), **Total Carb.** 22g (8% DV), Fiber 2g (8% DV), Total Sugars 1g (Incl. 0g Added Sugars, 0% DV), **Protein** 3g, Vit. D (0% DV), Calcium (2% DV), Iron (6% DV), Potas. (0% DV).

SAGE AND ONION DRESSING

Water, Bread Cubes (Enriched Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Partially Hydrogenated Soybean Oil, Whole-Wheat Flour, High-Fructose Corn Syrup, contains 2% or less of Yeast, Spices, Salt, Dehydrated Onion, Sage, Wheat Gluten, Ascorbic Acid, Autolyzed Yeast Extract, Distilled Vinegar, TBHQ [to preserve freshness], Soy Protein), Seasoning (Salt, Dehydrated Onion, Spices [including Sage and Garlic], Autolyzed Yeast Extract, contains 2% or less of Silicon Dioxide [an anticaking agent]), Butter (Cream, Salt), Dried Parsley, Dried Onion Flakes, Chicken Base (Roasted Chicken Meat with Natural Juices, Salt, Chicken Fat, Corn Syrup, Yeast Extract, Whey, Natural Flavor, Wine, Turmeric).

CONTAINS: Wheat, Milk, Soy.

Nutrition Facts Servings: 10, **Serv. size: 4 oz. (113g)**, Amount per serving: **Calories 190, Total Fat** 7g (9% DV), Sat. Fat 3.5g (18% DV), Trans Fat 0g, **Cholest.** 15mg (5% DV), **Sodium** 740mg (32% DV), **Total Carb.** 26g (9% DV), Fiber 2g (7% DV), Total Sugars 3g (Incl. 0g Added Sugars, 0% DV), **Protein** 2g, Vit. D (0% DV), Calcium (4% DV), Iron (20% DV), Potas. (0% DV).

KOWALSKI'S SIGNATURE POULTRY GRAVY

Water, Chicken Stock, Onion, Bleached Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Chicken Fat, Modified Food Starch, Chicken Base (Cooked Chicken [Chicken Meat, Rendered Chicken Fat, Chicken Broth], Sugar, Salt, Natural Flavor, Modified Cornstarch, Maltodextrin, Potassium Chloride, Beef Fat, Soy Sauce [Fermented Soybeans, Salt], Autolyzed Yeast Extract, Dehydrated Onion, Chicken Type Flavor [Whole Egg Solids], Citric Acid, Turmeric), Sugar, Salt, Mono- and Diglycerides (emulsifiers), Spices, Xanthan Gum, Gravy Flavoring (Caramelized Sugar, Vegetable Extractives, Flavorings).

CONTAINS: Wheat, Soy, Egg.

Nutrition Facts Servings: 16, **Serv. size: 1/4 cup (60g)**, Amount per serving: **Calories 60, Total Fat** 5g (6% DV), Sat. Fat 1g (5% DV), Trans Fat 0g, **Cholest.** 5mg (2% DV), **Sodium** 180mg (8% DV), **Total Carb.** 4g (1% DV), Fiber 0g (0% DV), Total Sugars 1g (Incl. 0g Added Sugars, 0% DV), **Protein** 2g, Vit. D (0% DV), Calcium (0% DV), Iron (0% DV), Potas. (0% DV).

MAPLE SWEET POTATOES

Sweet Potatoes, Brown Sugar, Olive Oil, Sugar, contains less than 2% of Maple Sugar, Natural Flavor, Salt, Spices, Xanthan Gum.

Nutrition Facts Servings: About 12, **Serv. size: 1/2 cup (77g)**, Amount per serving: **Calories 60, Total Fat** 0g (0% DV), Sat. Fat 0g (0% DV), Trans Fat 0g, **Cholest.** 0mg (0% DV), **Sodium** 20mg (1% DV), **Total Carb.** 14g (5% DV), Fiber 3g (11% DV), Total Sugars 8g (Incl. 0g Added Sugars, 0% DV), **Protein** 1g, Vit. D (0% DV), Calcium (2% DV), Iron (2% DV), Potas. (8% DV).

GREEN BEANS WITH ALMONDS

Green Beans, Almonds.

CONTAINS: Tree Nuts (Almonds).

Almonds packaged separately.

Nutrition Facts Servings: About 5, **Serv. size: 3 oz. (85g)**, Amount per serving: **Calories 90, Total Fat** 6g (8% DV), Sat. Fat 1g (6% DV), Trans Fat 0g, **Cholest.** 0mg (0% DV), **Sodium** 105mg (4% DV), **Total Carb.** 8g (3% DV), Fiber 3g (11% DV), Total Sugars 3g (Incl. 0g Added Sugars, 0% DV), **Protein** 3g, Vit. D (0% DV), Calcium (4% DV), Iron (6% DV), Potas. (6% DV).

CRANBERRY RELISH

Granulated Sugar, Cranberries, Pineapple (Pineapple, Pineapple Juice, Citric Acid), Granny Smith Apple, Pear, Red Delicious Apple, Lemon Juice, Orange Zest (Chopped Orange Peel, Cane Sugar, Natural Orange Flavor), Cinnamon Sticks, Whole Cloves.

Nutrition Facts Servings: 8, **Serv. size: 1/4 cup (57g)**, Amount per serving: **Calories 80, Total Fat** 0g (0% DV), Sat. Fat 0g (0% DV), Trans Fat 0g, **Cholest.** 0mg (0% DV), **Sodium** 0mg (0% DV), **Total Carb.** 21g (8% DV), Fiber <1g (3% DV), Total Sugars 19g (Incl. 16g Added Sugars, 32% DV), **Protein** 0g, Vit. D (0% DV), Calcium (0% DV), Iron (0% DV), Potas. (0% DV).

DINNER ROLLS

Potato Roll: Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Dehydrated Potatoes, Cane Sugar, Eggs, Sunflower Oil, Salt, Yeast, Malted Barley Flour.

CONTAINS: Wheat, Egg.*

Sesame Semolina Roll: Durum Wheat Semolina, Water, Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sesame Seeds, Organic Honey, Sunflower Oil, Salt, Yeast, Malted Barley Flour.

CONTAINS: Wheat, Sesame.*

Sourdough Wheat Roll: Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Whole-Wheat Flour, Organic Honey, Salt, Extra Virgin Olive Oil, Yeast.

CONTAINS: Wheat.*

*Produced in a facility that processes wheat, egg, milk, soy, sesame and tree nuts.

Nutrition Facts Servings: 9, **Serv. size: 1 roll (37g)**, Amount per serving: **Calories 90, Total Fat** 1.5g (2% DV), Sat. Fat 0g (1% DV), Trans Fat 0g, **Cholest.** 0mg (0% DV), **Sodium** 170mg (7% DV), **Total Carb.** 16g (5% DV), Fiber 2g (9% DV), Total Sugars 2g (Incl. 0g Added Sugars, 0% DV), **Protein** 5g, Vit. D (0% DV), Calcium (4% DV), Iron (6% DV), Potas. (2% DV).

9" PUMPKIN PIE

Pumpkin Purée, Pie Shell (Wheat Flour, Palm Oil, Water, Soybean Oil, contains less than 2% of Dextrose, Salt, Sodium Stearoyl Lactylate, Calcium Sulfate, Mono- and Diglycerides, Sodium Sulfite), Eggs (Whole Eggs, Citric Acid, 0.15% Water), Whole Milk (Milk, Vitamin D3), Sugar, Honey, Salt, Cinnamon, Ground Nutmeg, Ground Cloves, Ground Ginger.

CONTAINS: Wheat, Egg, Milk, Soy.

Nutrition Facts Servings: 8, **Serv. size: 1/8 pie (136g)**, Amount per serving: **Calories 290, Total Fat** 12g (15% DV), Sat. Fat 5g (26% DV), Trans Fat 0g, **Cholest.** 80mg (27% DV), **Sodium** 460mg (20% DV), **Total Carb.** 43g (16% DV), Fiber 2g (6% DV), Total Sugars 27g (Incl. 25g Added Sugars, 49% DV), **Protein** 5g, Vit. D (4% DV), Calcium (7% DV), Iron (10% DV), Potas. (4% DV).