



# KOWALSKI'S HOLIDAY HAM DINNER FOR 4

## REHEATING INSTRUCTIONS



### KOWALSKI'S SMOKED CARVER HAM

Keep refrigerated until ready to prepare. Remove ham from packaging; place in an oven-safe dish with ¼ cup water. Cover with foil; bake in a preheated **350°** oven until heated through (**about 30 min.**).

*Ham is fully cooked and can be eaten cold.*

### SIDES

#### CLASSIC CHEESY HASH BROWNS

Keep refrigerated until ready to prepare. Remove lid; cover loosely with foil (for a crispier top, leave uncovered). Place tray on a baking sheet; bake in a preheated **350°** oven until heated through (**about 30 min.**), stirring halfway through.

#### DINNER ROLLS

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

#### 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.*

#### HOLIDAY SALAD

Keep refrigerated until ready to prepare. In a large bowl, combine spinach, cranberries, feta, almonds and sunflower seeds; toss with dressing just before serving.

*You may need to increase cooking time for a full oven (if you are heating several items at the same time) or to account for differences in your kitchen equipment.*

### PERSONALIZED COOKING SCHEDULE

Use the chart below to plan your cooking schedule. Starting on the far right, fill in the time you'd like to eat. Working to the left, fill in the remaining time slots in 10-minute increments.

For example, to serve your dinner at 6 p.m., preheat your oven at 5:10 p.m. Put the ham and hash browns in the oven at 5:30 p.m. Add dinner rolls to the oven around 5:50 p.m. While ham, hash browns and rolls finish baking, prepare beans in the microwave.

*Ensure all items reach target internal temperature (if provided) before removing from the oven.*

**EXAMPLE**      Time:    5:10      5:20      5:30      5:40      5:50      6:00

**YOUR SCHEDULE**    Time:    \_\_\_\_\_

Ham	Preheat Oven	Preheat Oven	350°	350°	350°
Hash Browns			350°	350°	350°
Dinner Rolls					350°
Green Beans					Micro

SERVE

KOWALSKI'S SMOKED GF DF

CARVER HAM

Pork, Water, Salt, Sugar, Sodium Phosphate, Sodium Erythroate, Sodium Nitrate.

Nutrition Facts	
Servings per container varies	
<b>Serving size</b>	<b>10 oz. (283g)</b>
Amount per serving	
Calories	400
% Daily Value*	
<b>Total Fat</b> 17g	<b>22%</b>
Saturated Fat 7g	<b>34%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 135mg	<b>45%</b>
<b>Sodium</b> 3980mg	<b>173%</b>
<b>Total Carbohydrate</b> 13g	<b>5%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 13g	
Includes 13g Added Sugars	<b>27%</b>
<b>Protein</b> 51g	
Vitamin D 2.4mcg	10%
Calcium 30mg	2%
Iron 2.8mg	15%
Potassium 1060mg	20%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

CLASSIC CHEESY HASH BROWNS

Hash Browns (Potatoes, Dextrose, Disodium Pyrophosphate [to maintain color], Potassium Sorbate [for freshness]), Cream of Chicken Soup (Chicken Stock, Water, Vegetable Oil, Modified Food Starch, Wheat Flour, Cream [Milk], contains less than 2% of: Salt, Dried Chicken, Soy Protein Concentrate, Chicken Fat, Yeast Extract, Beta Carotene [color], Dried Chicken Broth, Flavoring, Cane Sugar, Dried Onions, Cornstarch, Celery Extract, Onion Extract, Xanthan Gum), Colby Jack Cheese (Milk, Cultures, Salt, Enzymes, Annatto [color], Potato Starch and Powdered Cellulose [to prevent caking], Natamycin), Sour Cream (Cultured Cream, Enzymes), Onion, Unsalted Butter (Cream, Natural Flavoring), Salt, Black Pepper. CONTAINS: Wheat, Milk, Soy.

Nutrition Facts	
Servings per container varies	
<b>Serving size</b>	<b>4 oz. (113g)</b>
Amount per serving	
Calories	180
% Daily Value*	
<b>Total Fat</b> 13g	<b>16%</b>
Saturated Fat 7g	<b>36%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 280mg	<b>12%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber <1g	<b>8%</b>
Total Sugars <1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 6g	
Vitamin D 0.2mcg	0%
Calcium 160mg	12%
Iron 0.3mg	0%
Potassium 45mg	0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

GREEN BEANS WITH ALMONDS GF V VE DF

Green Beans, Almonds.

CONTAINS: Tree Nuts (Almonds). Almonds packaged separately.

Nutrition Facts	
Servings per container varies	
<b>Serving size</b>	<b>3 oz. (85g)</b>
Amount per serving	
Calories	90
% Daily Value*	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 1g	<b>6%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 105mg	<b>4%</b>
<b>Total Carbohydrate</b> 8g	<b>3%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	0%
Calcium 45mg	4%
Iron 1mg	6%
Potassium 200mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

HOLIDAY SALAD GF V

Organic Baby Spinach, Kowalski's Signature Raspberry Poppy Seed Salad Dressing (Vegetable Oil [Soybean and/or Canola Oil], Raspberry Vinegar, Sugar, Spices [including Poppy Seed], Salt), Feta Cheese (Feta Cheese [Cultured Pasteurized Part-Skim Milk, Salt, Enzymes], Powdered Cellulose [to prevent caking]), Dried Cranberries, Almonds, Sunflower Seeds. CONTAINS: Milk, Soy, Tree Nuts (Almonds).

Nutrition Facts	
Servings per container varies	
<b>Serving size</b>	<b>about 5 oz. (150g)</b>
Amount per serving	
Calories	350
% Daily Value*	
<b>Total Fat</b> 21g	<b>27%</b>
Saturated Fat 6g	<b>28%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 630mg	<b>27%</b>
<b>Total Carbohydrate</b> 34g	<b>13%</b>
Dietary Fiber 4g	<b>15%</b>
Total Sugars 22g	
Includes 11g Added Sugars	<b>21%</b>
<b>Protein</b> 9g	
Vitamin D 0.1mcg	0%
Calcium 220mg	16%
Iron 2mg	10%
Potassium 510mg	10%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

DINNER ROLLS V

**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 also processes soy, milk, egg, sesame and tree nuts.

Nutrition Facts	
Servings per container varies	
<b>Serving size</b>	<b>1 roll (37g)</b>
Amount per serving	
Calories	90
% Daily Value*	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>1%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 170mg	<b>7%</b>
<b>Total Carbohydrate</b> 16g	<b>5%</b>
Dietary Fiber 2g	<b>9%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 5g	
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 0.9mg	6%
Potassium 95mg	2%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	