



KOWALSKI'S HOLIDAY
SPIRAL-CUT HAM DINNER

Serves 8



REHEATING INSTRUCTIONS

KOWALSKI'S SPIRAL-CUT BERKSHIRE HAM

Keep refrigerated until ready to prepare. Remove ham from packaging; place in a roasting pan and tent with foil. Bake in a preheated **350°** oven for **30 min.** Remove foil; baste ham with juices. Continue cooking for **60-75 min.**, basting every 15 min. Remove ham from oven; let stand, loosely covered, for **10 min.** before serving.

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 40 min.**), stirring halfway through.

DINNER ROLLS

Remove rolls from bag; arrange on a baking sheet. Bake in a preheated **350°** oven for **8-10 min.**

GREEN BEANS WITH SLIVERED ALMONDS

Keep refrigerated until ready to prepare. Microwave beans in the steamer bag until they reach desired tenderness (**8-10 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 by the quarter hour.



For example, to serve your dinner at 6 p.m., preheat your oven at 4:15 p.m. Put the ham in the oven at 4:30 p.m., followed by the hash browns at 5:15 p.m. Add dinner rolls to the oven after removing the ham (around 5:45 p.m.). While the hash browns and dinner rolls finish baking, prepare green beans in the microwave.

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

EXAMPLE Time: 4:15 4:30 4:45 5:00 5:15 5:30 5:45 6:00

YOUR SCHEDULE Time: _____





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

KOWALSKI'S SPIRAL-CUT  
NATURALLY RAISED BERKSHIRE HAM
Pork, Water, Sea Salt, Turbinado Sugar,
Brown Sugar, Celery Powder.



Nutrition Facts	
Servings per container varies	
Serving size	8 oz. (227g)
Amount per serving	
Calories	350
% Daily Value*	
Total Fat 16g	21%
Saturated Fat 7g	33%
<i>Trans</i> Fat 0g	
Cholesterol 120mg	40%
Sodium 1490mg	65%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 48g	
Vitamin D 0mcg	0%
Calcium 15mg	1%
Iron 2.7mg	15%
Potassium 590mg	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.	

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	
Serving size	4 oz. (113g)
Amount per serving	
Calories	180
% Daily Value*	
Total Fat 13g	16%
Saturated Fat 7g	36%
<i>Trans</i> Fat 0g	
Cholesterol 35mg	12%
Sodium 280mg	12%
Total Carbohydrate 11g	4%
Dietary Fiber <1g	8%
Total Sugars <1g	
Includes 0g Added Sugars	0%
Protein 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    
Green Beans, Almonds.
CONTAINS: Tree Nuts (Almonds).
Almonds packaged separately.

Nutrition Facts	
Servings per container varies	
Serving size	3 oz. (85g)
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1g	6%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	4%
Total Carbohydrate 8g	3%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 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  
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	
Serving size	about 5 oz. (150g)
Amount per serving	
Calories	350
% Daily Value*	
Total Fat 21g	27%
Saturated Fat 6g	28%
<i>Trans</i> Fat 0g	
Cholesterol 25mg	8%
Sodium 630mg	27%
Total Carbohydrate 34g	13%
Dietary Fiber 4g	15%
Total Sugars 22g	
Includes 11g Added Sugars	21%
Protein 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 
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	
Serving size	1 roll (37g)
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	1%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 16g	5%
Dietary Fiber 2g	9%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 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.	