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 a foil roasting pan. Brush turkey with ½ of the melted butter; roast in a preheated **350°** oven, covered, for **60 min.** Uncover turkey; brush with remaining butter. Continue roasting until a thermometer inserted into the thickest parts 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 dairy-free turkey, substitute 6 tbsp. olive oil for butter.*

MASHED POTATOES • SAGE & ONION DRESSING

Pans are oven and microwave safe.

TO BAKE: Keep refrigerated until ready to prepare. Remove lid from each pan; cover loosely with foil. Place pans on a baking sheet; bake in a preheated **350°** oven until sides are 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 one pan at a time until internal temp. is at least 145° (**5-10 min.**), stirring halfway through.

ROASTING VEGETABLES WITH HERBS

Keep refrigerated until ready to prepare. Remove lid from oven-safe pan; discard. Remove and discard stems from herbs; finely chop leaves. Add chopped herbs to the pan with the vegetables; mix well. Add 2 tbsp. olive oil, 1 tsp. kosher salt and ¼ tsp. black pepper; mix well. Place pan on a baking sheet; bake in a preheated **350°** oven until vegetables are tender and lightly browned (**45-60 min.**).

DINNER ROLLS

Remove rolls from packaging; place 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 their 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.

**For dairy-free beans, use olive oil instead of butter.*

POULTRY GRAVY

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

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

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

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 15-minute increments.

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									
Roasting Vegetables									SERVE
Dinner Rolls									
Green Beans									
Poultry Gravy									

WHOLE FULLY COOKED TURKEY GF DF

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: Varies, **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 GF V

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 DF

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).

ROASTING VEGETABLES WITH HERBS GF V VE DF

Butternut Squash, Brussels Sprouts, Cauliflower, Carrots, Fresh Rosemary, Fresh Sage, Fresh Thyme.

Nutrition Facts* Servings: About 5, **Serv. size: 1 cup (140g)**, Amount per serving: **Calories 60**, **Total Fat** 0g (0% DV), Sat. Fat 0g (0% DV), Trans Fat 0g, **Cholest.** 0mg (0% DV), **Sodium** 30mg (1% DV), **Total Carb.** 14g (5% DV), Fiber 3g (11% DV), Total Sugars 3g (Incl. 0g Added Sugars, 0% DV), **Protein** 2g, Vit. D (0% DV), Calcium (4% DV), Iron (6% DV), Potas. (10% DV).

**Does not include olive oil, salt or pepper added during preparation.*

GREEN BEANS WITH ALMONDS GF V VE DF

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 GF V VE DF

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 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: 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 V

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).