

Thick & Easy® Vegetables & Meats Microwave Directions

(1200-watt microwave)

FROM FROZEN STATE

1. PLACE individual tray in microwave (FILM SIDE UP) ****DO NOT PUNCTURE FILM****
2. COOK on 50% POWER for **2 minutes** (DO NOT OVERCOOK)
3. LET STAND for 2 minutes.

IMPORTANT – Product must reach an internal temperature of 165°F.

4. REMOVE film from tray; loosen product from the edges, invert onto a serving tray and gently tap until the product releases from the tray.

Thick & Easy® Breakfast Item Microwave Directions

Waffles, Pancakes, Omelet, Patty Links

(1200-watt microwave)

FROM FROZEN STATE

1. PLACE individual tray in microwave (FILM SIDE UP) ****DO NOT PUNCTURE FILM****
2. COOK on 50% POWER for **1 1/2 minutes** (DO NOT OVERCOOK)
3. LET STAND for 2 minutes.

IMPORTANT – Product must reach an internal temperature of 185°F.

4. REMOVE film from tray; loosen product from the edges, invert onto a serving tray and gently tap until the product releases from the tray.

**** COOKING TIPS ****

Before cooking, tap the mold until the product releases to avoid sticking to the mold during cooking.

Always use a digital thermometer to test for doneness in the thickest portion of the product.

All microwave ovens will vary. Heating times given are approximate and may need to be adjusted based on previous cooking experiences with your individual microwave.