



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 film 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 film 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. Remove film from microwave-safe pan; add ¼ cup water and cover with a paper towel. Microwave beans to 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.*

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.

PIES

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: _____

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

SERVE



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INGREDIENTS

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.

MASHED POTATOES **GF V**

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

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 each of the following: 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.

KOWALSKI'S SIGNATURE **DF** 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.

ROASTED MAPLE SWEET POTATOES **GF V VE DF**

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

GREEN BEANS WITH SLIVERED ALMONDS **GF V VE DF**

Green Beans, Almonds.
CONTAINS: Tree Nuts (Almonds).
Almonds packaged separately.

KOWALSKI'S SIGNATURE **GF V VE DF** 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.

CLUSTER 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. Produced in a facility that also processes soy, milk, sesame and tree nuts.

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. Produced in a facility that also processes soy, milk, egg, and tree nuts.

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.

9" PUMPKIN PIE **V**

Pumpkin Purée, Pie Shell (Wheat Flour, Palm Oil, Water, Soybean Oil, contains less than 2% of each of the following: Dextrose, Salt, Sodium Stearoyl Lactylate, Calcium Sulfate, Mono- and Diglycerides, Sodium Sulfite [a preservative]), Eggs (Whole Eggs, Citric Acid [to preserve color], 0.15% Water [added as a carrier for citric acid]), Whole Milk (Milk, Vitamin D3), Sugar, Honey, Salt, Cinnamon, Ground Nutmeg, Ground Cloves, Ground Ginger.
CONTAINS: Wheat, Egg, Milk, Soy.
Keep refrigerated.



KOWALSKI'S THANKSGIVING SMALL TURKEY DINNER

Serves 4-6

NUTRITION FACTS



WHOLE COOKED TURKEY

Nutrition Facts	
Serving size	8 oz. (227g)
Amount per serving	
Calories	380
% Daily Value*	
Total Fat 18g	22%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 170mg	56%
Sodium 840mg	34%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 51g	
Vitamin D 0.7mcg	4%
Calcium 25mg	2%
Iron 2.1mg	10%
Potassium 530mg	15%

* 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.

MASHED POTATOES

Nutrition Facts	
Serving size	about 5 oz. (136g)
Amount per serving	
Calories	190
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 7g	33%
Trans Fat 0g	
Cholesterol 30mg	9%
Sodium 480mg	21%
Total Carbohydrate 22g	8%
Dietary Fiber 2g	8%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1.2mg	6%
Potassium 0mg	0%

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SAGE AND ONION DRESSING

Nutrition Facts	
Serving size	4 oz. (113g)
Amount per serving	
Calories	190
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 740mg	32%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 4mg	20%
Potassium 0mg	0%

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ROASTED MAPLE SWEET POTATOES

Nutrition Facts	
Serving size	1/2 cup (77g)
Amount per serving	
Calories	60
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 14g	5%
Dietary Fiber 3g	11%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.5mg	2%
Potassium 330mg	8%

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POULTRY GRAVY

Nutrition Facts	
Serving size	1/4 cup (60g)
Amount per serving	
Calories	60
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 180mg	8%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 8mg	0%
Iron 0mcg	0%
Potassium 31mg	0%

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GREEN BEANS WITH ALMONDS

Nutrition Facts	
Serving size	3 oz. (85g)
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1g	6%
Trans 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%

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Serves 4-6



NUTRITION FACTS

CRANBERRY RELISH

Nutrition Facts	
Serving size	2 oz. (57g)
Amount per serving	
Calories	80
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 21g	8%
Dietary Fiber <1g	3%
Total Sugars 19g	
Includes 16g Added Sugars	32%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.1mg	0%
Potassium 40mg	0%

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CLUSTER DINNER ROLLS

Nutrition Facts	
Serving size	1 roll (37g)
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	1%
Trans 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%

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9" PUMPKIN PIE

Nutrition Facts	
Serving size	1/8 pie (about 5 oz./136g)
Amount per serving	
Calories	290
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 5g	26%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 460mg	20%
Total Carbohydrate 43g	16%
Dietary Fiber 2g	6%
Total Sugars 27g	
Includes 25g Added Sugars	49%
Protein 5g	
Vitamin D 0.7mcg	4%
Calcium 85mg	7%
Iron 1.7mg	10%
Potassium 180mg	4%

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