

KOWALSKI'S HOLIDAY HAM DINNER FOR 2-4

Serves 2-4



REHEATING INSTRUCTIONS

KOWALSKI'S HICKORY-SMOKED PIT HAM

Keep refrigerated until ready to prepare. Remove from packaging; place ham 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

QUATTRO FORMAGGIO CHEESY HASH BROWNS

Keep refrigerated until ready to prepare. Remove film; 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.

GREEN BEANS WITH SLIVERED ALMONDS

Transfer beans to a microwave-safe dish; add ¼ cup water and cover with a paper towel. Microwave until desired tenderness (**5-7 min.**). Add butter or extra virgin olive oil, if desired (use olive oil to keep beans dairy free). Season with salt and pepper to taste; top with almonds.

HOLIDAY SPINACH SALAD

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

DINNER ROLLS

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

CHOCOLATE DECADENCE DESSERT

Keep refrigerated until ready to serve.

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.

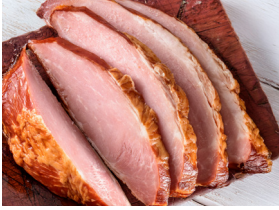
PERSONALIZED MEAL PLANNING SCHEDULE

To serve your dinner at 6 p.m., preheat your oven at 5:15 p.m. Put the ham and hash browns in the oven at 5:30 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. Ensure that all items reach target internal temperature (if provided) before removing from the oven.

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

YOUR SCHEDULE Time: _____

Ham	Preheat Oven				
Hash Browns					SERVE
Dinner Rolls					



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INGREDIENTS

KOWALSKI'S SMOKED PIT HAM **Gf** **Df**

Naturally Raised Pork Cured with Water, Salt, Sugar, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrate.

QUATTRO FORMAGGIO **Gf** **V** CHEESY HASH BROWNS

Hash Brown Potatoes (Par-Cooked Potatoes, Dextrose, Disodium Dihydrogen Pyrophosphate [to maintain color], Potassium Sorbate [to maintain freshness]), Quattro Formaggio Cheese (Low-Moisture Part-Skim Mozzarella Cheese [Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes], Asiago Cheese [Pasteurized Milk, Cheese Cultures, Salt, Enzymes], Provolone Cheese with Smoke Flavor [Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Natural Smoke Flavor], Romano Cheese [Pasteurized Part-Skim Cow's Milk, Cheese Cultures, Salt, Enzymes], Powdered Cellulose [to prevent caking], Natamycin [to protect flavor]), Heavy Cream (Heavy Cream, Guar Gum, Carrageenan, Locust Bean Gum), Onion, Garlic, Salt, Black Pepper, Nutmeg.
CONTAINS: Milk.

HOLIDAY SPINACH 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).
Keep refrigerated.

GREEN BEANS WITH ALMONDS **Gf** **V** **Vc** **Df**

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

FRENCH DINNER ROLLS **V**

Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Yeast, Salt, Dough Conditioners (DATEM, Ascorbic Acid, Enzymes).
CONTAINS: Wheat.
Produced in a facility that processes soy, milk, egg, sesame and tree nuts.

CHOCOLATE DECADENCE DESSERT **V**

Sugar, Unsalted Butter (Pasteurized Cream, Natural Flavorings), Oreo Base Cake (Sugar, Enriched Wheat Flour [contains Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Vegetable Shortening [Partially Hydrogenated Soybean Oil], Cocoa [processed with Alkali], High-Fructose Corn Syrup, Corn Flour, Whey, Cornstarch, Baking Soda, Salt, Soy Lecithin [an emulsifier], Vanillin [an artificial flavor], Chocolate), Whole Eggs (Whole Eggs, Nisin Preparation [Salt, Nisin {a preservative}]), Chocolate Liquor (Alkalized Cocoa Powder, Vegetable Shortening [Palm Oil, Soybean Oil, Propylene Glycol Monoesters, Mono- and Diglycerides, Soy Lecithin], Corn Syrup, Soy Lecithin, Mono- and Diglycerides with Citric Acid [as an antioxidant], Baking Soda), Pure Vanilla (Vanilla Bean Extractives in Water and Alcohol), Salt.
CONTAINS: Milk, Soy, Wheat, Egg.
Keep refrigerated.



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NUTRITION FACTS

SMOKED PIT HAM

Nutrition Facts	
Serving size	about 3 oz. (84g)
Amount per serving	
Calories	120
<small>% Daily Value*</small>	
Total Fat 5g	6%
Saturated Fat 2g	10%
<i>Trans Fat</i> 0g	
Cholesterol 40mg	13%
Sodium 1180mg	47%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0.7mcg	4%
Calcium 10mg	0%
Iron 0.8mg	4%
Potassium 310mg	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.

GREEN BEANS WITH ALMONDS

Nutrition Facts	
Serving size	3 oz. (85g)
Amount per serving	
Calories	90
<small>% Daily Value*</small>	
Total Fat 6g	8%
Saturated Fat 1g	6%
<i>Trans Fat</i> 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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CHEESY HASH BROWNS

Nutrition Facts	
Serving size	8 oz. (227g)
Amount per serving	
Calories	370
<small>% Daily Value*</small>	
Total Fat 20g	25%
Saturated Fat 12g	61%
<i>Trans Fat</i> 0.5g	
Cholesterol 65mg	21%
Sodium 1340mg	54%
Total Carbohydrate 36g	12%
Dietary Fiber 2g	8%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 0.7mcg	4%
Calcium 290mg	20%
Iron 0.9mg	4%
Potassium 105mg	2%

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HOLIDAY SPINACH SALAD

Nutrition Facts	
Serving size	about 5 oz. (150g)
Amount per serving	
Calories	350
<small>% Daily Value*</small>	
Total Fat 21g	27%
Saturated Fat 6g	28%
<i>Trans Fat</i> 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.

FRENCH DINNER ROLLS

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

CHOCOLATE DECADENCE DESSERT

Nutrition Facts	
Serving size	about 3.5 oz. (99g)
Amount per serving	
Calories	450
<small>% Daily Value*</small>	
Total Fat 28g	35%
Saturated Fat 15g	76%
<i>Trans Fat</i> 0g	
Cholesterol 120mg	40%
Sodium 210mg	8%
Total Carbohydrate 49g	16%
Dietary Fiber <1g	3%
Total Sugars 41g	
Includes 26g Added Sugars	52%
Protein 4g	
Vitamin D 0.3mcg	0%
Calcium 30mg	2%
Iron 3.4mg	20%
Potassium 100mg	2%

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