

# SPIRAL-CUT HAM DINNER



REHEATING INSTRUCTIONS

#### KOWALSKI'S SMOKED SPIRAL-CUT HAM

Serves 8

Keep refrigerated until ready to prepare. Remove ham from plastic packaging; place in roasting pan and set aside. Pour glaze packet into a small mixing bowl; stir in ½ cup very hot water until sugars are dissolved (disregard instructions on glaze packet). Pour prepared glaze over ham (to ensure a soy-free ham, omit the glaze); tent pan 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**

## 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 40 min.**), stirring halfway through.

#### **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 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.

#### 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 4:15 p.m. Put the ham in the oven at 4:30 p.m., the hash browns at 5:15 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 oven.

**EXAMPLE** Time: 4:15 4:30 4:45 5:00 5:15 5:30 5:45 6:00 YOUR SCHEDULE Time: Preheat Oven Rest Ham **SERVE** Hash Browns **Dinner Rolls** 



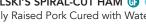
### KOWALSKI'S HOLIDAY SPIRAL-CUT HAM DINNER

Serves 8





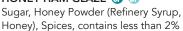
#### KOWALSKI'S SPIRAL-CUT HAM 🕕 🕕



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

#### HONEY HAM GLAZE (f) (1)





Soybean Oil (added as a processing aid).

CONTAINS: Soy.

#### QUATTRO FORMAGGIO (6) (7) **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 🕕 🕖



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 (6) (7) (7) (7)







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

#### CLUSTER DINNER ROLLS (1)



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 processes soy, milk, egg, 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 processes soy, milk, egg, sesame 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 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.



## KOWALSKI'S HOLIDAY SPIRAL-CUT HAM DINNER Serves 8





#### **SPIRAL-CUT HAM WITH GLAZE**

Serving size	about 3 oz. (84
Amount per servi Calories	<sup>19</sup> 140
	% Daily Val
Total Fat 9g	11
Saturated Fat 3g	15
Trans Fat 0g	
Cholesterol 45mg	15
Sodium 870mg	35
Total Carbohydra	<b>te</b> 1g <b>0</b>
Dietary Fiber 0g	0
Total Sugars 1g	
Includes 0g A	dded Sugars 0
Protein 15g	-
Vitamin D 0.7mcg	
Calcium 10mg	(
ron 0.8mg	4
Potassium 310mg	

#### **GREEN BEANS WITH ALMONDS**

<b>Nutrition Fa</b>	cts
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 Sugar	s <b>0</b> %
Protein 3g	-
Vitamin D. Oman	00/
Vitamin D 0mcg	0%
Calcium 45mg	4%
Iron 1mg	6%
Potassium 200mg	6%
* The % Daily Value (DV) tells you how mi	uch a nutrient in

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.

#### **CHEESY HASH BROWNS**

	8 oz. (227g
Amount per serving Calories	370
	% Daily Value
Total Fat 20g	25%
Saturated Fat 12g	61%
Trans Fat 0.5g	
Cholesterol 65mg	21%
Sodium 1340mg	54%
Total Carbohydrate 36g	12%
Dietary Fiber 2g	8%
Total Sugars 1g	
Includes 0g Added Su	gars 0%
Protein 12g	
Vitamin D 0.7mcg	49
Calcium 290mg	20%
Iron 0.9mg	49
Potassium 105mg	29

<sup>\*</sup> 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 SPINACH SALAD**

Nutrition Fac	ts
Serving size about 5 oz	z. (150g
Amount per serving Calories	350
% Da	aily Value
Total Fat 21g	27%
Saturated Fat 6g	28%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 630mg	279
Total Carbohydrate 34g	13%
Dietary Fiber 4g	15%
Total Sugars 22g	
Includes 11g Added Sugars	21%
Protein 9g	
100	
Vitamin D 0.1mcg	09
Calcium 220mg	169
Iron 2mg	109
Potassium 510mg	109

<sup>\*</sup> 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.

#### **CLUSTER DINNER ROLLS**

Serving size 1	roll (37g
Amount per serving  Calories	90
% [	Daily Value
Total Fat 1.5g	2%
Saturated Fat 0g	19
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	09
Calcium 60mg	49
Iron 0.9mg	69
Potassium 95mg	29

#### **CHOCOLATE DECADENCE DESSERT**

Nutrition Facts	
Serving size about 3.5	oz. (99g
Amount per serving Calories	450
% E	aily Value
Total Fat 28g	35%
Saturated Fat 15g	76%
Trans Fat 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	29

<sup>\*</sup> 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.