



KOWALSKI'S HOLIDAY OVEN-READY RAW PRIME RIB DINNER

Serves 8



HEATING INSTRUCTIONS

KOWALSKI'S RAW PRIME RIB

Keep refrigerated until ready to prepare. Remove roast from plastic packaging; place fat-side up in a 2" deep roasting pan. Add 1 cup water to bottom of pan; tightly cover with foil. Roast in a preheated **300°** oven until a meat thermometer registers an internal temperature of 125° for medium-rare doneness (**about 2 ½-3 hrs.**). (For medium doneness, cook to an internal temperature of 135°; this will increase cooking time by about 30 min.) When fully cooked, remove foil and set oven to broil; broil roast for **5 min.** for a crispy outer crust. Remove prime rib from oven; remove string. Using your fingers, hold the roast in place with the fat cap facing you. Carve ½-¾" slices, cutting the roast across the muscle (the short way; do not cut the full length of the roast). Serve with au jus (skip the au jus for guests with a wheat, soy or fish allergy).

This is a raw item and must be completely cooked before serving.

AU JUS

Mix 1 part au jus and 2 parts water in a saucepan; bring to a boil. Serve alongside roast in small serving dishes.

SIDES

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.

GARLIC MASHED POTATOES

Keep refrigerated until ready to prepare. Remove film; cover loosely with foil. Place tray on a baking sheet; bake in a preheated **350°** oven until heated through (**about 40 min.**), stirring halfway through.

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.

KOWALSKI'S SALSA DI PARMIGIANO BAGUETTE

Remove baguette from package; place on a baking sheet on the center rack of a preheated **400°** oven. Bake for **10-12 min.** or until desired crispness is achieved.

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., put the roast in the oven at 3:15 p.m., potatoes at 5:15 p.m. (or 4:45 p.m. if using a single oven), 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: 3:00 3:15 3:30 3:45 4:00 4:15 4:30 4:45 5:00 5:15 5:30 5:45 6:00

YOUR SCHEDULE Time: _____

Prime Rib	Preheat Oven												Rest
Mashed Potatoes								For Single Oven		For Double Oven			
Baguette													

SERVE



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INGREDIENTS

KOWALSKI'S OVEN-READY **Gf** **Df**

RAW PRIME RIB

Kowalski's Prime Rib (Beef Rib Roast), Olive Oil, Kowalski's Signature Classic Garlic & Herb Rub (Salt, Pepper, Onion, Sugar, Garlic, Rosemary, Coriander, Basil, Paprika, Cayenne Pepper, Canola Oil, Turmeric). Contains absolutely no MSG.

AU JUS

Water, Hydrolyzed Vegetable Protein (Corn, Soy, Wheat) with Safflower Oil and/or Sunflower Oil, Red Wine Vinegar, Tomato Paste, Gluconic Acid, Worcestershire Sauce (Distilled White Vinegar, Molasses, Water, Sugar, Onion, Anchovies, Salt, Garlic, Cloves, Tamarind Extract, Natural Flavorings, Chile Pepper Extract), Date Paste, Yeast Extract and Soy Sauce (Soy, Wheat Gluten), Yeast Extract, Onion Juice, Salt, Guar Gum, Sodium Benzoate (a preservative), Garlic Juice, Sugar, Corn Syrup Solids, Spice.

CONTAINS: Soy, Wheat, Fish (Anchovies).

Manufactured in a facility that also processes eggs, milk and tree nuts.

GARLIC MASHED POTATOES **Gf** **V**

Potatoes, Skim Milk, Butter (Cream, Salt), Natural Roasted Garlic Flavor, Salt, Disodium Pyrophosphate (to maintain color), Potassium Sorbate (to maintain freshness), Spices.

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** **VE** **Df**

Green Beans, Almonds.

CONTAINS: Tree Nuts (Almonds).

Almonds packaged separately.

KOWALSKI'S SIGNATURE **V**

SALSA DI PARMIGIANO BAGUETTE

Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Salsa di Parma Spread (Olive Oil, Imported Parmesan Cheese [Part-Skim Milk, Cheese Cultures, Salt, Enzymes, Starch, Powdered Cellulose {to prevent caking}], Asiago Cheese [Cultured Milk, Enzymes, Salt, Powdered Cellulose {to prevent caking}], Natamycin {to protect flavor}), Garlic, Green Onion, Dried Oregano, Black Pepper, Red Pepper), contains less than 2% of: Dough Conditioner (Enriched Wheat Flour, Ascorbic Acid, Enzymes), Malt (Malted Barley, Wheat Flour, Dextrose), Preservatives (Cultured Wheat Starch, Wheat Flour, Citric Acid), Salt, Vinegar, Yeast.

CONTAINS: Wheat, Milk.

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

PRIME RIB

Nutrition Facts	
Serving size	about 14 oz. (392g)
Amount per serving	
Calories	1030
% Daily Value*	
Total Fat 79g	99%
Saturated Fat 32g	159%
Trans Fat 0g	
Cholesterol 315mg	105%
Sodium 670mg	27%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 75g	
Vitamin D 0mcg	0%
Calcium 95mg	8%
Iron 5.4mg	30%
Potassium 1150mg	30%

* 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.

AU JUS

Nutrition Facts	
Serving size	1 1/2 tbsp. (20g)
Amount per serving	
Calories	5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 420mg	18%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

* 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.

GARLIC MASHED POTATOES

Nutrition Facts	
Serving size	about 4 oz. (113g)
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 15mg	6%
Sodium 370mg	16%
Total Carbohydrate 15g	6%
Dietary Fiber 2g	6%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 45mg	4%
Iron 0.6mg	4%
Potassium 430mg	10%

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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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HOLIDAY SPINACH SALAD

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

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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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CHOCOLATE DECADENCE DESSERT

Nutrition Facts	
Serving size	about 3.5 oz. (99g)
Amount per serving	
Calories	450
% Daily 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	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.