

Calories 140 Calories from Fat 60

Total Fat 7g 11% Saturated Fat 2.5g 12%

Trans Fat 0g Polyunsaturated Fat 1.5g

Monounsaturated Fat 2g Cholesterol 25mg 9%

12%

Total Carbohydrate 14g 5% Dietary Fiber 2g

Calcium 4% • Iron 6%

nt Daily Values are based on a 2,000 calorie diet.

NATURAL FLAVOR, CANOLA OIL, BARLEY MALT EXTRACT (GLUTEN), DRIED ONION, DRIED POTATO, DRIED GARLICI, SOYBEAN/CANOLA OIL, SPICES, ZUCCHNIN, TOMATO SAUCE (TOMATO, WATER, ONION, TOMATO PASTE, GARLIC, MODIFIED CORN STARCH, SUCAR, OLIVE OIL, BASIL, SALT, BLACK PEPPER, DRIED OREGANO, DRIED THYME), CHICKEN MEAT, BREAD CRUMB (ENRICHED WHEAT FLOUR (WITH NIAGIN, REDUCED IRON, THAMIN, RIBOFLAVIN, FOLIC ACID), CORN SYRUP, WATER, SOYBEAN OIL, AND/OR CANOLA OIL, SALT, YEAST, WHEY, SOY FLOUR), SEASONING (SALT, MALTODEXTRINE, HONEY POWDER, COOKED CHICKEN EXTRACT (CHICKEN FAT, NATURAL FLAVORS), VEGETABLE POWDERS (ONION, CELERY, CARROT, GARLIC), SPICES AND SPICE EXTRACTS, SODIUM DIACETATE, CARAMEL COLOR, TUMERIC),

CONTAINS: MILK SOY AND WHEAT

A La Carte Gourmet Classics Monrovia, CA 91016

If you have any questions or comments about this product, contact us by letter



## A LA CARTE GOURMET CLASSICS SLOW OVEN ROASTED

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Oven Roasted Stuffed Zucchini with a Barley Risotto Chicken Stuffing in a Rustic Tomato Sauce

# STUFFED ZUCCHINI

Oven Roasted Stuffed Zucchini with a Barley Risotto Chicken STUFFING IN A RUSTIC TOMATO SAUCE

# **HEATING INSTRUCTIONS:**

MICROWAVE OVEN:

- (Tray won't be as rigid when warm, contents will be hot!)
- Unwrap the package, remove inner pouch from black tray and sleeve • Cut a 1" slit in near the end of the pouch.
- Microwave on HIGH about 3 ½ minutes per pound (about 7 minutes) or until hot. Let stand 2 minutes.
- Carefully cut pouch open.
- Pour content into a serving dish.
  Cut Stuffed Zucchini in pieces of 1 ½" thick or as desired.
- Serve and enjoy.

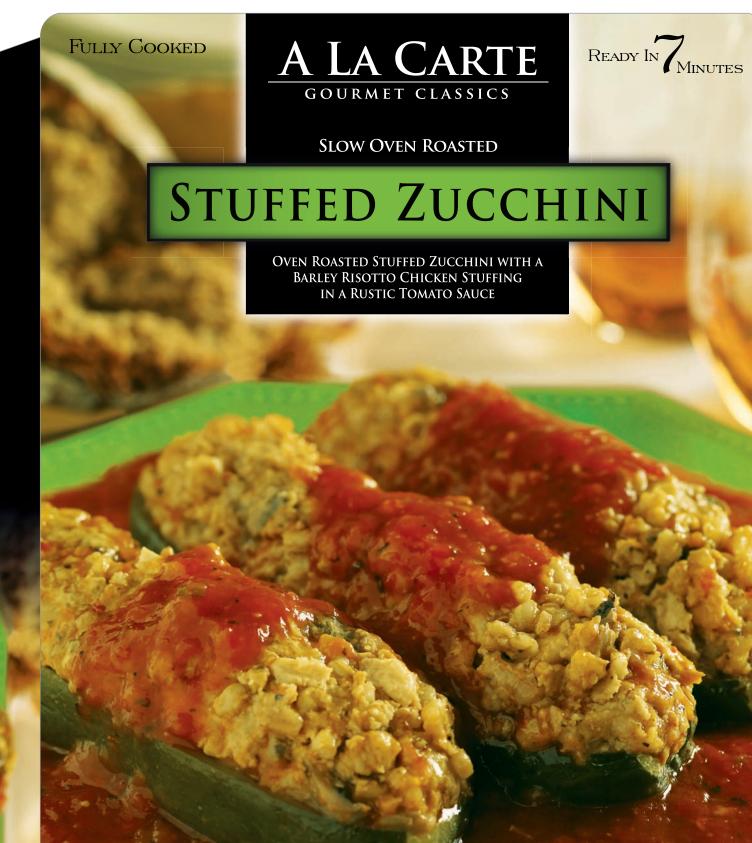
#### **CONVENTIONAL OVEN:**

- (Exercise care when removing from the oven, product will be hot!) Preheat oven to 350°F.
- $\bullet\,$  Unwrap the package, remove inner pouch from black tray and sleeve Open pouch, remove Stuffed Zucchini from pouch and place in oven-safe-dish (Do not use black tray).
- Place oven-safe-dish on middle rack inside oven.
- Heat at 350°F to an internal temperature of 140°F (approximately 20 minutes per pound). Note: Overcooking will dry out the product.
- Let stand for 2 minutes.
- Cut the Stuffed Zucchini in pieces of about 1 ½" thick or as desired. Serve and enjoy.

## FREEZING AND DEFROSTING TIPS:

- 1. If you don't plan to consume the product right away, you may freeze the product on or before the Freeze-By-Date
- 2. If the product is frozen, first defrost the product and then proceed with the heating instructions. You may:
- a. Defrost the product by placing it in the refrigerator for 24 hours (or until completely defrosted), or
- b. If using a microwave oven, defrost using the DEFROST function following your microwave oven's instructions.

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OVEN ROASTED STUFFED ZUCCHINI WITH A BARLEY RISOTTO CHICKEN STUFFING IN A RUSTIC TOMATO SAUCE