



Well Fed Reheating Instructions & Tips



Black Plastic Well Fed Containers:

- * Microwave Safe
- * Dishwasher Safe
- * Recycle/Reusable

DO NOT USE IN OVEN



Foil Well Fed Containers:

- * Oven Safe, **when lid is removed**
- * Freezer Safe
- * Single Use

DO NOT USE IN MICROWAVE

Hints & Tips

- All meals and items are fully cooked, you only need to reheat.
- The minimum temperature you want food to reach is 165°. Stove top and oven provide the most ideal reheating conditions.
- Meat and dense items will heat more evenly if allowed 10 to 15 minutes to come to room temperature.
 - Cover microwave items with a damp paper towel, this creates steam for even heating.
- When using the microwave, let rest for an additional 2 minutes, allowing for an even distribution of heat.
 - Add a splash of water to pasta, rice, or casseroles during reheating. This helps prevent drying out and evenly distributes heat.

Meals

Oven: Preheat oven to 350°. Separate protein and sides, place on oven safe dish with a touch of water, covered. Heat proteins for 8 to 10 mins, or until desired temperature is reached. Heat sides for 10 to 12 mins (extra 5 mins for dense sides), flip or rotate and heat for an additional 5 minutes, or until desired temperature is reached. Let rest after baking for at least 2 minutes.

Stove Top: Cook in heated skillet on low to medium heat, covered, stirring frequently for 8 to 12 minutes. When heating rice, pasta, or vegetables, add a splash of water to the pan.

Pans: Casseroles, Frittatas & Bakes

Oven: Preheat oven to 350°. Remove lid and cover with foil, heat for 15 minutes. Rotate and continue to bake for another 10. Remove foil cover for the last 5 minutes of baking.

Microwave: On microwave safe dish, covered with damp paper towel, heat on high for 60 seconds. Heat for 45 seconds at a time until desired temperature is reached. Let rest for an additional 2 minutes.

Soups/Stews

Stove Top Heat on medium to a simmer, about 4 to 5 minutes. Avoid bringing soups/stews to a boil.

Microwave In microwave safe bowl, covered with damp paper towel, heat on high for 3 to 5 minutes, stirring every 45 seconds. Let rest for an additional 2 minutes.

Baked Goods

Oven Preheat oven to 350°. MUFFINS - Cover in foil and heat for 5 to 7 minutes.

COBBLERS - Cover with foil and heat for 20 to 30 minutes, rotating half way through. Remove foil cover for the last 5 to 8 minutes.

Microwave MUFFINS - On microwave safe dish, covered with damp paper towel, heat on high for 20-25 seconds. Continue to heat for 8 seconds until desired temperature is reached. Excessively microwave baked goods will dry out, becoming hard and chewy.

COBBLERS - On microwave safe dish, covered with damp paper towel, heat on high for 60 seconds. Check and heat at 30 second intervals till desired temperature. Let rest for 1 minute in microwave.

Heating not recommended on Cakes, Rice Krispie Treats, Oatmeal Jam Bars or Big Breakfast Cookies

Chicken & Salmon

Oven Preheat oven to 350° for **chicken**, and 275° for **salmon**. Place on oven safe dish and cover loosely in foil with a splash of water. Bake **chicken** for 8 to 10 minutes or until internal temperature reaches 165°. Bake **salmon** for 5 to 6 minutes or until internal temperature reaches 130°.

Stove Top Heat skillet to medium heat, add drizzle of olive oil, and add chicken or salmon. Cover and maintain medium to medium-low heat, cooking for about 4 to 5 minutes per side.

Microwave CHICKEN - On microwave safe dish, covered with damp paper towel, heat on high for 35 to 45 seconds. Check and heat at 15 second intervals until desired temperature is reached, at least 165. Let rest for an additional 2 minutes. SALMON - On microwave safe dish with a tablespoon of water, covered with damp paper towel, heat on high for 25 to 35 seconds. Check and heat at 10 second intervals until desired temperature is reached. Let rest for an additional 2 minutes.

Steak/Beef

Oven Preheat oven to 250°. Place on oven safe dish covered loosely in foil, bake for 8 to 12 minutes or until internal temperature reaches 100-110°F. Allow to rest before slicing.

Stove Top Heat skillet to medium heat, add drizzle of olive oil, add meat. Cover and maintain medium to medium-low heat, cooking for about 3 to 4 minutes per side. Allow to rest before slicing.

Microwave On microwave safe dish, covered with damp paper towel, heat on high for 30 to 35 seconds. Check and heat at 15 second intervals until desired temperature is reached. Let rest for an additional 2 minutes.
