

When it Comes to Convenience Food

# Cook It Safe!



1. Read and Follow Package Cooking Instructions.



2. Know When to Use a Microwave or Conventional Oven.



3. Know Your Microwave Wattage Before Microwaving Food.



4. Always use a Food Thermometer to Ensure a Safe Internal Temperature.



Learn more at  
<http://fightbac.org/cookitsafe>

## Cooking Instructions

### Microwave Oven:

- Ovens and wattages vary. Adjust cooking times as needed.
- Product must be cooked thoroughly.
- Read and follow these cooking instructions

1100 watt microwave

Cook on High (100% power) 7 minutes.

700 watt microwave

Cook on High (100% power) 12 minutes

