



REHEATING FREEZABLE FOODS

LASAGNAS

THE DAY BEFORE:

1. **Remove from freezer the night before**, and let lasagna unthaw in the refrigerator.

THE DAY OF:

2. Before preheating your oven, adjust the racks. You'll want to cook the lasagna on the **middle rack**.
3. Preheat oven to 350.
4. Place lasagna on a jellyroll pan (a baking sheet with sides). This will prevent any sauce/drippings from dirtying your oven.
5. Cook **uncovered** for **40-45 minutes**.
6. Let rest 15 minutes before serving.

POT PIES

THE DAY BEFORE:

1. **Remove from freezer the night before**, and let pot pies unthaw in the refrigerator.

THE DAY OF:

1. Before preheating your oven, adjust the racks. You'll want to cook the pot pies on the **middle rack**.
2. Preheat oven to **350**.
3. Mix 1 egg with 2 tablespoons of water, brush on top of your pies with a pastry brush.
4. Place pot pies on a jellyroll pan (a baking sheet with sides). This will prevent any sauce/drippings from dirtying your oven.
5. Cook **uncovered** for **40-45 minutes** until golden brown.

CHICKEN TETRAZZINI / TURKEY FRICASSEE / TUNA NOODLE CASSEROLE

THE DAY BEFORE:

1. **Remove from freezer the night before**, and let unthaw in the refrigerator.

THE DAY OF:

2. Remove from refrigerator and **let sit on counter for 1 hour** so that the dish becomes room temperature.
3. Before preheating your oven, adjust the racks. You'll want to warm the pan on the **middle rack**.
4. Preheat oven to **250**.
5. **REMOVE PLASTIC WRAP THAT IS UNDERNEATH OF FOIL AND DISCARD.**
6. **Cover with foil before placing in oven.**
7. Bake **covered for 15-20 minutes or until warm. You do not want to overcook the dish; you just want to warm it through.**

CHICKEN CURRY / SHRIMP CURRY / TURKEY BOLOGNESE / BEEF CHILI / WHITE CHICKEN CHILI

THE DAY BEFORE:

1. **Remove from freezer the night before**, and let unthaw in the refrigerator.

THE DAY OF:

2. Gently warm in a pot or saucepan over **medium-low heat**.

MEATLOAF

THE DAY BEFORE:

1. **Remove from freezer the night before**, and let meatloaf unthaw in the refrigerator.

THE DAY OF:

2. Remove from refrigerator and **let sit on counter for 45 minutes - 1 hour** so that the meatloaf becomes room temperature.
3. Before preheating your oven, adjust the racks. You'll want to cook the meatloaf on the **middle rack**.
4. Preheat oven to **300**.
5. **Warm gently. 20 MINUTES MAX. IT SHOULD NOT BE PIPING HOT.**