

HEATING:

Caution: Cook to an internal temperature of 160 degree F if using a meat thermometer. When fully cooked, breast meat will be white (not pink) inside.

For Best Results we recommend Conventional Oven method. After cooking let stand for 2 minutes before serving.

From Frozen State: Remove Chicken Breast from vacuum-sealed pouch.

Conventional Oven: Preheat oven to 350 degree F. Place Chicken Breast on ovenproof dish. Place in oven and bake for 45-55 minutes.

Microwave Oven: Place on Microwave dish. Place on microwave turntable. Defrost per Manufacturers instructions. Cook on HIGH for approximately 5 to 8 minutes. For best appearance broil 1-2 minutes additionally in conventional oven.

Grill: Wrap frozen portion loosely in foil. Set in middle of grill grate. Cook with grill cover on. Set a gas grill at low to medium. For a charcoal grill, the coals should be positioned on each side of the grill. Cook to 170 degrees F in the center.

From Thawed State. Remove Chicken Breast from vacuum-sealed pouch.

Conventional Oven: Preheat oven to 350 degree F. Place Chicken Breast on ovenproof dish. Place in oven and bake for 40 – 50 minutes.

Microwave Oven: Place on Microwave dish. Place on microwave turntable. Cook on HIGH for approximately 4 to 7 minutes. Let stand for 2 minutes before serving. For best appearance broil 1-2 minutes additionally in conventional oven.

NOTE: Times and Temperatures may vary by oven or microwave. May need to adjust for your appliance and/or size and quantities being prepared.

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