

COOKTOP SIDES

KEEP FROZEN UNTIL READY TO COOK.

FRESHLY PREPARED!

FULLY COOKED!

QUICKLY FROZEN!

HEAT & EAT!

Microwave Heating Instructions:
Microwave on high for 6 minutes or
until internal temp of 160°F is reached

Cooktop Instructions:
Remove plastic cover, remove food from
container and place in a pot, heat under medium
heat and stir until internal temp of 160°F



COLLARD GREENS ■



GREEN BEANS & POTATOES ■



SWEET SOUTHERN CORN ■



BLACK-EYED PEAS ■