



HEATING INSTRUCTIONS

BLACKENED SALMON

Recommended Heating Instructions:

- 1. Set the oven to 350 degrees.*
- 2. Remove salmon, place it on a baking sheet.*
- 3. Place the salmon and vegetables in the oven and bake for 5 minutes or until hot.*
- 4. Microwave cauliflower for 1 minute and then in 30 second intervals until hot.*

Quickest Heating Instructions:

- 1. Remove lemon & dill yogurt from container.*
- 2. Microwave in container for 1 minute and then in 30 second intervals until hot.*