



HEATING INSTRUCTIONS

TURKEY BURGER

Recommended Heating Instructions:

- 1. Set the oven to 350 degrees.*
- 2. Remove turkey burger, broccoli, and sweet potato and place on a baking sheet.*
- 3. Place in the oven and bake for 5 minutes or until hot.*
- 4. Add the jasmine rice and a dash of water to a small sauté pan.*
- 5. On the stove top, cook the rice on medium-high heat until hot.*

Quickest Heating Instructions:

- 1. Remove avocado and hot sauce.*
- 2. Microwave container for 1 minute and then in 30 second intervals until hot.*