



Serving Instructions

Thank you for your Casserole Queen purchase. Your casserole has been freshly prepared especially for you.

To get the most flavor and enjoyment out of your casserole we suggest the following cooking instructions:

- Our casseroles perform best when completely thawed before cooking. If you are pressed for time you can bake a casserole straight from the freezer at the suggested temperature, but you will need twice as much time in the oven.
- Please allow at least 10 minutes for your oven to fully preheat before baking your casserole.
- In order to cook your casserole thoroughly, do not cook in microwave (the dreaded flavor zapper). Our casseroles and disposables tins are intended for the oven. Although, once your casserole has been fully cooked and removed from the tin, you can use your microwave to reheat portions of the casserole.
- Your oven varies from Mrs. Henderson's oven down the road, so please note that these are basic guidelines. Cooking times may vary ever so slightly, so please pay attention. Check the casseroles several times near the end of baking to look for bubbling at the edges and a hot center.
- To ensure quality, we recommend that you do not store your casserole for longer than 2 months in your freezer.

Enjoy!
The Casserole Queens

Corn Fritter:

Remove foil lid. Bake at 375° for 50 minutes or until a wooden pick inserted in center comes out clean

Pairing Suggestions: Grab a roast chicken at the market (no one will ever know) and present it on your finest china!

Ingredients: butter, egg whites, fat-free cream cheese, onion, red bell pepper, whole-kernel corn, cream-style corn, corn muffin mix, pepper, cooking spray

Nutrition per serving.

CALORIES 247(31% from fat); FAT 8.4g (sat 3.7g,mono 2.7g,poly 0.7g); PROTEIN 8.6g; CHOLESTEROL 31mg; CALCIUM 72mg; SODIUM 629mg; FIBER 1.9g; IRON 1.3mg; CARBOHYDRATE 36.7g