



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. Depending on the size, it typically takes a frozen casserole anywhere between 24-48 hours to thaw while in your refrigerator. We do not recommend that you thaw the casserole at room temperature because that has the potential for spoilage. 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

Mamma Mia! Lasagna:

Keep lid on dish and bake covered at 350° for 1 hour. Remove lid, Bake uncovered, for 10 minutes. Let stand 10 minutes before serving.

Pairing Suggestions: Great with a caesar salad.

Ingredients: ground beef, cooking spray, onion, garlic, parsley, tomatoes, no-salt-added tomato sauce, tomato paste, oregano, basil, pepper, nonfat cottage cheese, parmesan, nonfat ricotta, egg whites, lasagna noodles, provolone

Nutrition per serving.

CALORIES 380(25% from fat); FAT 10.5g (sat 5.7g,mono 3g,poly 0.7g); PROTEIN 33.4g; CHOLESTEROL 50mg; CALCIUM 394mg; SODIUM 703mg; FIBER 2.8g; IRON 3.8mg; CARBOHYDRATE 40.5g