



BELL TASTY FOOD, INC.
HOME OF THE "TASTY NADA"

COOKING INSTRUCTIONS FOR "TASTY NADA'S"

STORE FROZEN

Do Not Thaw – Heat from Frozen

Conventional Oven

Preheat oven to approximately 350 degrees

Bake at approximately 20 minutes at approximately 350 degrees until internal temperature reaches 165 degrees for at least 15 seconds

Cook time may vary by oven type or load

Do not over cook – do not exceed oven temperature of 375 degrees

Microwave Oven

| Quantity | Cooking Time (On High) |
|----------|------------------------|
| 1 | 2 Minutes* |
| 2 | 3 Minutes, 30 Seconds* |

*These cooking instructions were developed using a 110-watt microwave oven. For lower wattage ovens, up to an additional 2 minutes cooking time may be required.

1. Place on microwave safe plate and microwave on HIGH (see chart for cooking times).
2. Using pot holder, remove nada from microwave and let sit for 2 minutes.

After 4 hours at 140 degrees discard product

Do not refreeze

Practice safe food handling and safe cooking procedures at all times when handling this and other food products.

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