



SUN-DRIED TOMATO PESTO SALMON

HEATING INSTRUCTIONS: 1-2 SERVINGS

If frozen, defrost in refrigerator overnight.

1. Preheat oven to 375° F (350° F convection).
2. Place rutabaga mash, uncovered, on middle rack of oven.
3. Bake for 20 minutes.
4. Then, place sun-dried tomato pesto salmon, uncovered, next to rutabaga mash.
5. Bake another 20 minutes.
6. Meanwhile, toss greens, grains and gourds salad.

HEATING INSTRUCTIONS: 3-4 SERVINGS

If frozen, defrost in refrigerator overnight.

1. Preheat oven to 375° F (350° F convection).
2. Place rutabaga mash, uncovered, on middle rack of oven.
3. Bake for 20 minutes.
4. Then, place sun-dried tomato pesto salmon, uncovered, next to rutabaga mash.
5. Bake another 20 minutes.
6. Meanwhile, toss greens, grains and gourds salad.

BON APPETIT!

For food safety, all hot items should be heated to a minimum of 165° F