Always remove the plastic covers before heating, and cover with foil when noted. The metal dishes are for a 1 time use in microwave or oven. All foods can be changed to your own dishes, before or after heating. **Brown pulp containers cannot go in the oven or microwave!**

- **Quiche** - Bake covered with foil at 350 degrees for 20 – 25 minutes. Can also be served at room temp.
- **Baked French Toast** - Bake uncovered at 350 degrees for 20 – 25 minutes.
- **Farmer’s Casserole** – Bake, uncovered at 350 for 25-30 min.
- **Homefries & Sausage links** - Bake uncovered at 350 degrees for 20 minutes. Stir a few times.

*Important Note: Check temp. of food before removing from oven, to be sure it’s the temp. you want. All ovens differ.*