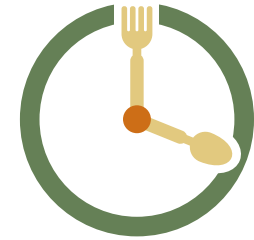


# Meals in a Flash

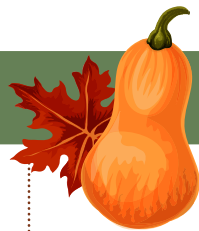


**READY IN 20  
MINUTES OR LESS**



Heinen's Guide to Cooking Easy, Delicious Meals featuring Heinen's Prepared Foods, Salads and Sides We Love. Ready to eat in less than 20 minutes, start to finish!

## Fast, Easy & Delicious Meals



Type of Dish - Heinen's Prepared Food	Suggested Pairing from Heinen's	Cooking Method	Optional Serving Ideas
<b>Two Brothers Salmon</b>	<b>Sweet Potato Mashers</b>	Microwave potatoes for 1 minute. Add salmon to the plate and microwave 2 minutes then in 30 second increments until warm.	Drizzle salmon with Two Brothers Mandarin Orange Sauce before heating.
<b>Sun-Dried Tomato Chicken</b>	<b>Farro and Vegetable Cakes</b>	Slice chicken crosswise. Heat chicken and Farro Cakes 2 minutes then in 30 second increments until warm.	Make a chicken taco. Roll warm sliced chicken in a corn tortilla and top with Crispy Coleslaw from Heinen's Salads We Love Salad Bar.
<b>Crab Cakes</b>	<b>Cauliflower Rice Pilaf</b>	Microwave cakes 1 minute. Add rice pilaf and heat in 30 second increments until warm.	Serve warmed Crab Cakes on a bed of arugula with sliced nectarines, tomatoes and feta cheese drizzled with Two Brothers Blush Vinaigrette.
<b>Moroccan Lamb Shank</b>	<b>Heinen's Frozen Asparagus Risotto</b>	Microwave shanks for 3 minutes, then in 30 second increments until warmed. Cook risotto as directed.	Sprinkle the plate with Heinen's Shaved Parmesan and lemon zest.
<b>Meat Lasagna</b>	<b>Broccolini with Fried Garlic</b>	Microwave lasagna for two minutes. Add broccolini and heat 1 minute then in 30 second increments until warm.	Drizzle lasagna with pesto and vegetables with Two Brothers Garlic Caprese Salad Dressing.
<b>Parmesan Mushroom Casserole</b>	<b>Make your favorite salad combination from Heinen's Salad Bar</b>	Microwave casserole for 3 minutes then in 30 second increments until warm. Serve with crispy salad.	In a casserole dish, layer casserole over Grilled Asparagus. Bake at 350°F for 20 minutes or until heated through.

\*Our fish is prepared to medium rare to ensure a better finished dish at home. We suggest reheating to a minimum internal temperature of 145 degrees F.

## More of Our Favorite Combinations



Type of Dish - Heinen's Prepared Food	Suggested Pairing from Heinen's	Cooking Method	Optional Serving Ideas
<b>Vegan Chicken Enchilada</b>	<b>Roasted Veggies from the Heinen's Sides We Love Salad Bar</b>	Microwave enchilada for 1 minute. Add veggies and heat 1 minute then in 30 second increments until warm.	Layer the enchiladas and peppers in a casserole and top with shredded Mexican cheese blend. Bake at 350°F for 25 minutes or until heated through. Top servings with crumbled tortilla chips and guacamole.
<b>Impossible Bolognese with Sweet Potato Noodles</b>	<b>Italian Farro with Cannellini Beans and Greens from Heinen's Sides We Love Salad Bar</b>	Microwave bolognese for 2 minutes. Add farro bean salad and heat in 30 second increments until warm.	Serve bolognese with a salad of jarred marinated artichoke hearts, black olives and roasted red peppers.
<b>All Beef Glazed Meatloaf</b>	<b>Twice Baked Potatoes</b>	Microwave potato and meatloaf for 3 minutes then in 30 second increments until warm.	Add warmed frozen broccoli for a touch of green.
<b>Garlic Grilled Shrimp</b>	<b>Sweet Potato Mashers</b>	Microwave potatoes for 1 minute. Add shrimp and heat 1 minute then in 30 second increments until warm.	Serve mashers on top of a canned pineapple ring and drizzle shrimp with Two Brothers Honey Barbeque Sauce.
<b>Parmesan Orange Roughy</b>	<b>Loaded Mashed Potatoes</b>	Bake fish on a sheet pan at 350°F for 15 minutes. Add the potatoes to the pan and heat 5 minutes or until fish flakes and potatoes are heated through.	Top potatoes and fish with bruschetta from Heinen's Salads We Love Salad Bar.



## Cooking & Preparation Tips

- A general portion guideline is 6 ounces protein and 1 cup or so of side dish.
- When microwaving spread items out on a large plate so that they can reheat efficiently. A pile of food takes longer to heat than food that is spread evenly over the surface of the plate.
- For faster heating break up large pieces of salmon or chicken into smaller pieces.
- When microwaving protein-based dishes (chicken, beef, pork, seafood), a light sprinkle of water over the top before heating helps to keep the dish from drying out. Microwave ovens vary in intensity so cover dishes with microwave safe plastic wrap and microwave as directed and then in short bursts until heated to your taste.
- The denser items such as Twice Baked Potatoes and All Beef Glazed Meatloaf, will need a longer time to reheat than thinner, less dense items such as Cauliflower Rice Pilaf.
- When heating large items like baked potatoes, stick a butter knife down into the middle, pull it out and lightly touch it to your lip to find out if it's hot enough in the center.
- Be cautious when reheating scallops, steak or veal as overheating can make them tough and overcooked. Heat in short bursts and check frequently to see if the item is hot enough.
- Don't forget to season with salt and pepper to your taste.