

Braised Cabbage, Yams and Apples Gluten Free

Prep Time:	10 min.	Cook Time:	40 min.
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Description: Braised cabbage with Stouffer's Yams and Apples – now gluten free. Sweet and Savory side dish, perfect for the fall and winter season.



Ingredients	Measure
Stouffer's Yams & Apples , 1 tray	80 oz.
Pork, cured, bacon, raw, diced	2 oz.
White onion, large dice, 2 cups	.5 lb.
Green cabbage, large dice	2.5 lb.
Chicken stock, 1.5 cups	12 oz.
Vinegar, cider, 0.5 cups	4 oz.

Procedure:

1.	Bake Stouffer's Yams & Apples according to package directions. Transfer to a large bowl and reserve.
2.	In a wide pot over medium heat, render bacon until crispy. Remove and reserve rendered bacon.
3.	Sweat julienne onions. Once onions are soft, add large diced cabbage. Toss with onions and bacon fat. Season cabbage mixture.
4.	Add chicken stock, and braise cabbage for 30-35 minutes, or until cabbage is completely cooked and 90% of the chicken stock has evaporated.
5.	Stir in vinegar, adjust seasoning. Cook for an additional 3-5 minutes or until the liquid is almost dry.
6.	Gently fold cooked cabbage mix and bacon into the Yams & Apples.

Nutrient Information:

	Calculated Nutrients per servings at 100%	Calculated Nutrients per 100g or 100ml at 100%
Energy (kcal)	88 kcal	85 kcal
	370 kJ	357 kJ
Protein (g)	1 g	1 g
Fats, total (g)	2 g	2 g
Carbohydrate, total (g)	17 g	17 g
Sugars, total (g)	12 g	12 g
Fats, saturated (g)	0 g	0 g
Fiber, total dietary (g)	2 g	2 g
Sodium (mg)	66 mg	63 mg
Calcium (mg)	22 mg	21 mg
Cholesterol (mg)	1 mg	1 mg
Iron (mg)	0 mg	0 mg
Vitamin A, IU	1,753 IU	1,694 IU
Vitamin C (mg)	38 mg	36 mg
Vitamin D (µg)	1 IU	1 IU
Vitamin D (µg)	1 IU	1 IU

At a minimum, the cooking and handling instructions set forth in the Food Code of the U.S. Public Health Service of the Food and Drug Administration, Department of Health and Human Services, should be reviewed and followed with respect to your preparation of this recipe.



Caramelized Pineapple and Sweet Potato Casserole

Gluten Free

Prep Time:	10 min.	Cook Time:	35 min.
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Description: Caramelized pineapple and bacon atop Stouffer's Whipped Sweet Potatoes— now gluten free. Festive holiday side, pairs well with pork roast, ham or lamb chops.



Ingredients	Measure
Pineapple, raw, traditional varieties, peeled, diced, 2 qts	2 lb.
Brown sugar, 2 tbsp, packed	1 oz.
Stouffer's Whipped Sweet Potatoes , 1 tray, thawed	96 oz.
Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium, chopped	1 oz.
Sage, fresh, fried, rough chopped	2 g.

Procedure:

1.	In a large mixing bowl toss pineapple with brown sugar until thoroughly coated.
2.	Top Stouffer's Whipped Sweet Potatoes with a single layer of pineapple mixture. Bake in a convection oven at 325°F for 30-35 minutes, or until the pineapple edges begin to brown and the sweet potatoes are hot. 2-3 minutes before removing from the oven, top with diced cooked bacon.
3.	Just prior to serving, garnish with fried sage.

Nutrient Information:

	Calculated Nutrients per servings at 100%	Calculated Nutrients per 100g or 100ml at 100%
Energy (kcal)	127 kcal	103 kcal
	531 kJ	432 kJ
Protein (g)	2 g	1 g
Fats, total (g)	3 g	2 g
Carbohydrate, total (g)	24 g	19 g
Sugars, total (g)	18 g	14 g
Fats, saturated (g)	1 g	0 g
Fiber, total dietary (g)	2 g	1 g
Sodium (mg)	301 mg	245 mg
Calcium (mg)	35 mg	28 mg
Cholesterol (mg)	1 mg	1 mg
Iron (mg)	1 mg	0 mg
Vitamin A, IU	5,853 IU	4,762 IU
Vitamin C (mg)	5 mg	4 mg
Vitamin D (µg)	0 IU	0 IU
Vitamin D (µg)	0 IU	0 IU

At a minimum, the cooking and handling instructions set forth in the Food Code of the U.S. Public Health Service of the Food and Drug Administration, Department of Health and Human Services, should be reviewed and followed with respect to your preparation of this recipe.



Holiday Yams and Apples

Gluten Free

Prep Time:	10 min.	Cook Time:	30 min.
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Description: Swiss chard, cranberries and chestnuts folded into Stouffer's Yams and Apples – now gluten free. Serve as a fall/winter holiday side, pairs well with roasted turkey.



Ingredients	Measure
Stouffer's Yams & Apples , 1 tray	80 oz.
Chard, Swiss, cooked, boiled, drained, without salt, Rainbow chard, cooked, chopped, with stems, 2 cup	16 oz.
Cranberries, dried, sweetened , 1/2 cup	2 oz.
Nuts, chestnuts, European, roasted , 1 cup	4 oz.

Procedure:

1.	Bake Stouffer's Yams & Apples according to package directions.
2.	Fold in Swiss chard, cranberries, and chestnuts.

Notes:

Toasted walnuts or pecans may be substituted if chestnuts are unavailable.

Nutrient Information:

	Calculated Nutrients per servings at 100%	Calculated Nutrients per 100g or 100ml at 100%
Energy (kcal)	171 kcal	118 kcal
	716 kJ	495 kJ
Protein (g)	1 g	1 g
Fats, total (g)	3 g	2 g
Carbohydrate, total (g)	37 g	25 g
Sugars, total (g)	25 g	17 g
Fats, saturated (g)	0 g	0 g
Fiber, total dietary (g)	3 g	2 g
Sodium (mg)	138 mg	95 mg
Calcium (mg)	33 mg	23 mg
Cholesterol (mg)	0 mg	0 mg
Iron (mg)	1 mg	1 mg
Vitamin A, IU	4,839 IU	3,347 IU
Vitamin C (mg)	59 mg	41 mg
Vitamin D (µg)	0 IU	0 IU
Vitamin D (µg)	0 IU	0 IU

At a minimum, the cooking and handling instructions set forth in the Food Code of the U.S. Public Health Service of the Food and Drug Administration, Department of Health and Human Services, should be reviewed and followed with respect to your preparation of this recipe.

Roasted Vegetable Bake with Whipped Sweet Potatoes, Gluten Free

Prep Time:	10 min.	Cook Time:	35 min.
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Description: Roasted vegetable bake layered on top of Stouffer's Whipped Sweet Potatoes— now gluten free. Gluten Free holiday side dish pairs well with ham.



Ingredients	Measure
Brussels sprouts, raw , cleaned, cut in half, 3 cups	12 oz.
Pearl onion, red pearls, peeled, 1.25 cups	5 oz.
Butternut squash, peeled, diced, 1.25 cups	5 oz.
Turnips, raw, peeled, large dice, 1.25 cups	5 oz.
Rosemary, fresh, chopped	2 g.
Vegetable oil, blended	2 tbsp.
Stouffer's Whipped Sweet Potatoes , 1 tray, thawed	96 oz.

Procedure:

1.	Combine Brussels sprouts, onions, squash, turnips, and rosemary in a mixing bowl. Toss with oil until well coated. Season to taste.
2.	Top thawed Stouffer's Whipped Sweet Potatoes with a single layer of the vegetable mixture.
3.	Bake in a convection oven at 325°F for 30-35 minutes or until the vegetables are fully cooked and the sweet potatoes are hot.
4.	Garnish with pomegranate seeds.

Nutrient Information:

	Calculated Nutrients per servings at 100%	Calculated Nutrients per 100g or 100ml at 100%
Energy (kcal)	127 kcal	98 kcal
	533 kJ	409 kJ
Protein (g)	2 g	1 g
Fats, total (g)	3 g	2 g
Carbohydrate, total (g)	24 g	19 g
Sugars, total (g)	17 g	13 g
Fats, saturated (g)	0 g	0 g
Fiber, total dietary (g)	2 g	2 g
Sodium (mg)	330 mg	253 mg
Calcium (mg)	43 mg	33 mg
Cholesterol (mg)	0 mg	0 mg
Iron (mg)	1 mg	1 mg
Vitamin A, IU	7,137 IU	5,476 IU
Vitamin C (mg)	13 mg	10 mg
Vitamin D (µg)	0 IU	0 IU
Vitamin D (µg)	0 IU	0 IU

At a minimum, the cooking and handling instructions set forth in the Food Code of the U.S. Public Health Service of the Food and Drug Administration, Department of Health and Human Services, should be reviewed and followed with respect to your preparation of this recipe.

