

### **Food Safety-Tamale with Cheese and Green Chile**

Cook or refrigerate within 1 hour.  
Wash hands before preparing food.



#### **Oven Cooking Instructions:**

1. Preheat oven to 350 °F
2. Remove tamale from the bag and place them in a baking dish. Pour 1 cup of water over the tamale. Cover with foil and cook in the oven for 20-25 minutes until hot (165°F).
3. Remove the corn husk and enjoy!

#### **Microwave Cooking Instructions (cook time may vary):**

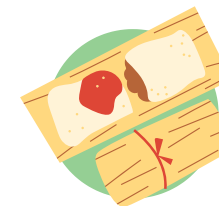
1. Remove tamale from the bag, wrap a damp paper towel around the tamale. Place on a microwave-safe dish. Heat tamale for 1-2 minutes or until hot (165°F).
2. Remove the corn husk and enjoy!



This intuition is an equal opportunity provider.

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