

*Ovens distribute an even amount of heat, making this the best way to gently reheat any type of food.

SEAFOOD

Preheat oven to 275°F, cover with foil

Heat the seafood for about 10-15 minutes, turning it once halfway through the cooking process

Cooking times may vary depending on the thickness of your seafood. Thicker fish may take up to 20-25 minutes

The [USDA](#) recommends the internal temperature be a minimum of 165°F

CHICKEN

Start by preheating your oven to 350°F (175°C).

Place the chicken in an oven-safe dish.

Cover it with foil to retain moisture.

Heat the chicken for 15-20 minutes or until it reaches an internal temperature of 165°F (74°C).

PASTA

Cover your pasta with aluminum foil and heat at about 325 to 350

For 15-20 minutes

Eggplant parm or Lasagna 35-45 minutes

VEGETABLES

Preheat the oven to 400 degrees, for about 10-15 minutes until the vegetables are heated through.