

theToby brand

Cookin' Greens ^{Organic} TM MC

Certified Organic | Blends | Side-Dishes

IQF Organic Kale, Sweet Corn & Peas Blend
IQF Organic Kale, Butternut Squash & Quinoa



A Perfect Ready-to-Use Ingredient or Ready-To-Heat Side-Dish

- Consistent Premium Quality
- Certified Organic
- Pre-Washed*
- Pre-Chopped*
- Blanched*
- Flash-Frozen
- Ready To Use
- 100% Yield
- High Food Safety
- Versatile
- Ready-to-Heat – Side-dish.

*Quinoa is Fully-Prepared and Flash-Frozen



Frozen is fresher than fresh. Produce frozen close to point of harvest maintains a higher level of many vitamins and nutrients versus produce picked, stored and then transferred to your distributor warehouses.

What your customers want: Products that deliver great taste, health and wellness and can be converted to a convenient grab and go format.

Quick & Innovative Vegan / Vegetarian Solutions for Your Menu

cookingreens.com



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Available all year long. These unique blends can be used as an appetizing ingredient or an enticing side dish. They boost taste, texture and nutritional value to your menu.



Nutritional Claims & Benefits

- Source of Vitamin A
 - Source of Vitamine C & E
 - Source of Fibre, Calcium & Iron
 - Low Glycemic Index
 - Low in Sodium (naturally occurring)
 - A healthy diet rich in a variety of vegetables & fruit may help reduce the risk of some types of cancer
- Kale, Sweet Corn & Peas** – 70 Calories per cup (100 g)
Kale, Butternut Squash & Quinoa – 60 Calories per cup (100 g)

Usage/Application

- Side Dish
- Soups & salads
- Sauces
- Stews/casseroles
- Dips & spreads
- Pasta dishes
- Egg dishes
- Grilled sandwiches panini & calzones
- Sushi
- Pizza topping
- Whole grain salads (couscous, quinoa, bulgar & pearl barley)

The Everyday Cookin' Greens™ Stove Top Recipe

Shake closed bag gently. Add 12 tbsps. (180 mL) of water into a non-stick sauté pan. From frozen, add contents of package (1 kg) into sauté pan. Cover with lid, cook on med-high for 4 minutes - stirring once. Remove lid, turn heat to medium, stir. Add 3 tbsp. (45 mL) olive oil and a pinch of sea salt. Stir 2-3 more minutes on med-low heat. Add your favourite ingredient or spices. (Serves 6-9)

Item Name	The Toby Brand Code	SCC Code	Pack Size	Gross Weight lbs/kg	Net Weight lbs/kg	Case Dimensions (L x W x H)	Pallet Tie/ High
IQF Organic Kale, Sweet Corn & Peas	TTB-172	1 08 11138 00049 3	6x1kg	14.2 / 6.45	13.2 / 6	15.5 x 11.5 x 7.5" 39.4 x 29.2 x 19.1 cm	8 x 10 = 80 case per pallet
IQF Organic Kale, Butternut Squash & Quinoa	TTB-173	1 08 11138 00050 9	6x1kg	14.2 / 6.45	13.2 / 6	15.5 x 11.5 x 7.5" 39.4 x 29.2 x 19.1 cm	8 x 10 = 80 case per pallet

* Custom blends available upon request

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Contact Us

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