



# Cookin' Greens<sup>TM</sup> Organic

## Certified Organic | Straights

**Individually Quick Frozen  
Kale, Spinach, Butternut Squash, Peas, Corn**



- Consistent Premium Quality
- Certified Organic
- Pre-Washed
- Pre-Chopped
- Blanched
- Flash-Frozen
- Ready To Use
- 100% Yield
- High Food Safety
- Versatile
- Unlimited Applications



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](http://cookingreens.com)



# theToby brand<sup>TM</sup> **Cookin' Greens** <sup>TM</sup> **Organic** MC



Available all year long. These unique products 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 in Sodium (naturally occurring)
- 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.

## Usage/Application

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

## The Everyday Cookin' Greens<sup>TM</sup> Stove Top Recipe - Based on 1 kg package

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	TTB-168	1 08 11138 00034 6	6x750g	11 / 5	9.9 / 4.5	15.5 x 11.5 x 10" 39.4 x 29.2 x 25.4 cm	8 x 10 = 80 case per pallet
IQF Organic Spinach	TTB-169	1 08 11138 00037 7	6x750g	11 / 5	9.9 / 4.5	15.5 x 11.5 x 10" 39.4 x 29.2 x 25.4 cm	8 x 10 = 80 case per pallet
IQF Organic Butternut Squash	TTB-170	1 08 11138 00047-6	6x1kg	14.2 / 6.45	13.2 / 6	15.5 x 11.5 x 10" 39.4 x 29.2 x 25.4 cm	8 x 10 = 80 case per pallet
IQF Organic Peas	TTB-165	1 08 11138 00053-7	6x1kg	14.2 / 6.45	13.2 / 6	15.5 x 11.5 x 10" 39.4 x 29.2 x 25.4 cm	8 x 10 = 80 case per pallet
IQF Organic Corn	TTB-166	1 08 11138 00048-3	6x1kg	14.2 / 6.45	13.2 / 6	15.5 x 11.5 x 10" 39.4 x 29.2 x 25.4 cm	8 x 10 = 80 case per pallet

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### Contact Us

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