

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

# Kale, Sweet Corn & Peas



Cookin' Greens was the first national brand in Canada to launch a full range of quick-frozen, ready-to-cook, dark-leafy greens.

- Exceptional value vs fresh equivalent
- No waste, no work, no water - "True" IQF
- Meets consumers lifestyle, health and wellness needs
- Gluten free, vegan, ready in under 10 minutes
- Use as an ingredient or a complete side dish



Item Code	Item Name	Pk/Size	UPC	SCC	Item (L x W x H)	Case (L x W x H)	Case Weight Net & Gross		CuFt	Tie/High
40506	Organic Kale, Sweet Corn & Peas	8/300 g	8-11138-00038-7	1-08-11138-00038-4	7.62 x 19.05 x 22.86 cm 3 x 7.5 x 9"	39.37 x 29.21 x 12.7 cm 15.5 x 11.5 x 5"	2.4 kg 5.29 lb	2.7kg 5.95lbs	0.46	10 x 10 = 100 cases per pallet

**Ingredients:** Chopped Organic Kale, Organic Sweet Corn, Organic Peas.

**Allergen Status:** None.

Nutrition Facts / Valeur nutritive	
Per 1 1/2 cup (100 g)	Calories 60
Amount Teneur	% Daily Value % valeur quotidienne
Fat / Lipides 0.5 g	1%
Saturated / saturés 0 g	0%
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	0%
Sodium / Sodium 45 mg	2%
Carbohydrate / Glucides 12 g	4%
Fibre / Fibres 3 g	12%
Sugars / Sucres 2 g	
Protein / Protéines 4 g	0%
Vitamin A / Vitamine A	35%
Vitamin C / Vitamine C	40%
Calcium / Calcium	6%
Iron / Fer	8%

## Handling / Cooking Instructions

**Stove Top** Add frozen product & 4 tbsps. (60 ml) of water into a skillet. Cover and cook on med-high for 4 minutes - stirring once. Remove lid. Add 1 tbsp. (15 ml) olive oil and a pinch of sea salt, stir and cook for a further 2-3 more minutes on med-low heat. (Serves 2-3)

**Microwave** Add frozen product & 2 tbsps. (30 ml) of water into a microwave-safe bowl. Microwave for 1 1/2 - 2 1/2 minutes on high\*. Remove carefully. Stir cooked greens well. Season to taste. (Serves 2-3)

\* MICROWAVES VARY IN POWER. USE ONLY AS GUIDELINE. ADJUST COOKING TIME TO REACH DESIRED TENDERNESS.

\* For food safety reasons, internal temperature should reach 71°C or 160°F. Keep frozen until ready to use.

## Shelf Life

- 2 years from time of packing. Refer to bag for a marked 'best if used by' date. Refrigerate any defrosted items and use within 1-2 days.

## Nutrition Guide

- Excellent source of Vitamin A • Good source of Vitamin C • Source of Iron • Source of Calcium
- Source of Fibre • Low Sodium\* • Cholesterol-Free\* • Free of Saturated Fat\*

\*Like all other similar vegetable blends.

† Like similar ingredients, those in our blends of vegetables are also not genetically engineered (GE).

‡ Gluten-Free like all other similar blends of frozen vegetables.

## Products Available

- Quinoa Stir Fry
- Mexican Style Roasted Corn
- Chopped Kale
- Chopped Spinach
- Chopped Onions
- Shelled Edamame
- Athlete's Mix
- Organic Chopped Kale
- Organic Chopped Spinach
- Kale, Corn & Peas
- Organic Kale, Butternut Squash & Quinoa

## Perfect Compliments

Pasta • Grilled Chicken, Fish or Steak • Tofu • Other Protein of Choice.

## Chef's Suggestions

Add dollop of organic unsalted butter, chopped mint or cilantro, toasted pine nuts, grated Parmesan cheese.

