

# Cookin' Greens<sup>TM</sup> Chopped Kale



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
40501	Chopped Kale	12/500 g	8-11138-00002-8	1-08-11138-00002-5	20.79 x 5.08 x 22.86 cm 8.19 x 2 x 9"	39.37 x 29.21 x 18.42 cm 15.5 x 11.5 x 7.25"	6 kg 13.2 lb	6.35 kg 13.9 lb	0.87	10 x 8 = 80 cases per pallet

**Ingredients:** Frozen Kale

**Allergen Status:** None.

Nutrition Facts / Valeur nutritive	
Per 1 cup (85 g)	Calories 30
Amount Teneur	% Daily Value % valeur quotidienne
Fat / Lipides 0 g	0%
Saturated / saturés 0 g	0%
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	0%
Sodium / Sodium 15 mg	1%
Carbohydrate / Glucides 4 g	1%
Fibre / Fibres 2 g	8%
Sugars / Sucres 1 g	
Protein / Protéines 2 g	0%
Vitamin A / Vitamine A	30%
Vitamin C / Vitamine C	60%
Calcium / Calcium	10%
Iron / Fer	6%

## 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 3-4)

**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 3-4)

\* 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 • Excellent source of Vitamin C • Source of Calcium • Source of Iron
- Source of Fibre • A healthy diet rich in a variety of vegetables and fruit may help reduce the risk of some types of cancer.

† 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

Pepper, Chili Flakes, Garlic, Grated Nutmeg, Sun-dried tomatoes, Crumbled Feta or Goat Cheese.

## Chef's Suggestions

Use as a key ingredient in Quesadillas, Burritos, Tacos. Add frozen in Soups, Stews, Chili, Pasta or Omelettes. Make into mini Kale Chips for Salad Topping or Snack: Toss frozen kale with olive oil & sea salt. Spread flat and space apart on a non-stick baking sheet. Bake on low heat until crisp.

