

Cookin' GreensSM Organic

Kale, Butternut Squash & Quinoa



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
40505	Organic Kale, Butternut Squash & Quinoa	8/300 g	8-11138-00046-2	1-08-11138-00046-9	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 Butternut Squash, Organic Quinoa.

Allergen Status: None.

Nutrition Facts / Valeur nutritive	
Per 1 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 10 mg	1%
Carbohydrate / Glucides 12 g	4%
Fibre / Fibres 2 g	8%
Sugars / Sucres 1 g	
Protein / Protéines 3 g	0%
Vitamin A / Vitamine A	40%
Vitamin C / Vitamine C	30%
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

- Good source of Vitamin A • Source of Vitamin C • Low Fat* • Trans Fat-free* • 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.

Perfect Compliments

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

Chef's Suggestions

Add garlic, pepper or sage to taste. Finish with a drizzle of maple syrup or a sprinkle of brown sugar.

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

