



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
- 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)	Item Weight Net & Gross	Case (L x W x H)	Case Weight Net & Gross	CuFt	Tie/High	
40511	Mexican Style Roasted Corn	8/300 g	8-00463-40511-0	1-08-00463-40511-7	7.62 x 19.05 x 22.86 cm 3 x 7.5 x 9"	0.3 kg 0.66 lb	25.4 x 30.48 x 15.24 cm 10 x 12 x 6"	2.4 kg 5.29 lb	2.89 kg 6.37 lb	0.46	15 x 8 = 120 cases per pallet
40611	Mexican Style Roasted Corn - Foodservice	10 x 1kg	8-00463-40611-7	1-08-00463-40611-4			40.132 x 30.48 x 20.32 cm 15.80 x 12.00 x 8.00"	10.0 kg 22.05 lb	10.2 kg 22.5 lb	0.87	10 x 8 = 80 cases per pallet

Ingredients: Roasted corn, Sweet corn, Grilled red bell peppers, Red kidney beans, Canola oil, Sunflower oil, Salt, Maltodextrin, Garlic powder, Spices, Dextrose, Natural flavours, Artificial smoke flavour, Soy lecithin.

Allergen Status: None.

Nutrition Facts / Valeur nutritive	
Per 1/2 cup (85 g)	Calories 90
Amount	% Daily Value
Teneur	% valeur quotidienne
Fat / Lipides 2 g	3%
Saturated / saturés 0.3 g	2%
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	0%
Sodium / Sodium 150 mg	6%
Carbohydrate / Glucides 16 g	5%
Fibre / Fibres 2 g	8%
Sugars / Sucres 3 g	
Protein / Protéines 3 g	0%
Vitamin A / Vitamine A	4%
Vitamin C / Vitamine C	25%
Calcium / Calcium	0%
Iron / Fer	4%

Handling / Cooking Instructions

Stove Top Add frozen product & 2 tbsps. (30 ml) of water into a skillet. Cover and cook on med-high for 3 minutes - stirring once. Remove lid. Add 1 tbsp. (15 ml) olive oil, stir and cook for a further 2 minutes on med-low heat. Season to taste. (Serves 2-3)

Microwave Add frozen product & 1 tbsp. (15 ml) of water into a microwave-safe bowl. Microwave for 1 1/2 - 2 minutes on high*. Remove carefully. Stir. 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. Store unused product in freezer.

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

• Low In Fat • Low in Saturated Fat • Free of Trans Fat • Source of Fibre • "a source of" Vitamin C
 "A healthy diet low in saturated and trans fats may reduce the risk of heart disease.
 Mexican Style Roasted Corn is low in saturated and trans fats."

Perfect Compliments

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

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