

Cookin' Greens™ Quinoa Stir Fry



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		
40512	Quinoa Stir Fry	8/300 g	8-00463-40512-7	10-80-0463-40512-4	7.62 x 19.05 x 22.86 cm 3 x 7.5 x 9"	0.3 kg 0.66 lb	0.33 kg 0.728 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
40612	Quinoa Stir Fry - Foodservice	4 x 2.5kg	8-00463-40612-4	10-80-0463-40612-1				38.74 x 26.67 x 20.96 cm 15.25 x 10.50 x 8.25"	10.0 kg 22.05 lb	10.2 kg 22.5 lb	0.87	10 x 8 = 80 cases per pallet

Ingredients: Vegetables (tomatoes, kale, red onions, leeks), Quinoa, Brown rice, Edamame (soy), Sunflower oil, Water, Seasoning, Salt, Spices, Sugar, Garlic powder.

Allergen Status: Soy beans.

Nutrition Facts / Valeur nutritive	
Per 1 cup (100 g)	Calories 110
Amount	% Daily Value
Teneur	% valeur quotidienne
Fat / Lipides 6 g	9%
Saturated / saturés 0.5 g	3%
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	0%
Sodium / Sodium 310 mg	13%
Carbohydrate / Glucides 13 g	4%
Fibre / Fibres 2 g	8%
Sugars / Sucres 3 g	
Protein / Protéines 4 g	0%
Vitamin A / Vitamine A	20%
Vitamin C / Vitamine C	40%
Calcium / Calcium	4%
Iron / Fer	10%

Handling / Cooking Instructions

Stove Top Add frozen product & 3 tbsps. (45 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 tbsps. (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 Saturated Fat • Free of Trans Fat • Source of Fibre • "a good source of" Vitamin A
- "a good source of" Vitamin C • "a source of" iron • "a source of" Potassium • "A healthy diet low in saturated and trans fats may reduce the risk of heart disease. Quinoa Stir Fry is low in saturated and trans fats."

Perfect Compliments

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

