

Cookin' Greens™

IQF Dark Leafy Greens

NEW

IQF Dark Leafy Greens: A top 2010 trend according to the NRA Chef Survey: "What's HOT in 2010"
"Some of the most nutrient-dense foods available on the planet are dark leafy greens – the superheroes of the vegetable world" – Cynthia Lair



Athlete's Mix

a blend of chopped collards, spinach, kale, great northern white bean & diced sweet red peppers

100% Yield
Labour savings:
Zero Prep – no washing, chopping or blanching.
High food-safety value.

From farm to freezer
in 6 hours or less!



Designer's Mix

a blend of chopped spinach, collards, rapini, cut yellow beans & diced white onions



Chopped Kale (3/8")

As green as it gets; kale is a form of cabbage. Mildly flavoured and a powerful antioxidant: high in beta carotene, vitamin K, vitamin C, lutein, zeaxanthin. A phytochemical, rich in mineral such as iron, calcium, manganese & potassium.



Chopped Rapini (1")

Succulent fresh frozen stems & leaves. Described as mildly bitter paired with subtle notes of nutmeg with earthy undertones.

Why Dark Leafy Cookin' Greens?

Cookin' Greens can be used as an appetizing ingredient for many recipes or used as a side-dish to compliment almost every centre of the plate option. Use your imagination or visit the Cookin' Greens website for application suggestions & recipes.

For more information, samples or recipes please contact:
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Cookin' Greens™

Our IQF dark-leafy green program includes: Chopped Rapini, Chopped Kale, Chopped Collards & Chopped Mustard Greens



Features & Benefits

- Year-round availability
- Portion controllable
- Freezer to skillet/recipe
- Ready in under 12 minutes – (if used as side-dish)
- 100% natural
- Product of U.S.A.

Usage/Application

- Side Dish
- Soups
- Sauces
- Stews/casseroles
- Savoury pies
- Pasta dishes
- Egg dishes
- Grilled sandwiches panini & calzones
- Sushi
- Pizza topping
- Spanakopita
- Whole grain salads
(couscous, quinoa, bulgar & pearl barley)

Item Name	Pack/size	The Toby Brand Item Codes
Super Innovation (Blends)		
IQF Veg Blend - Athlete's Mix a blend of chopped collards, spinach, kale, great northern white bean & diced sweet red peppers	10x1kg (2.2 lb)	TTB-152
IQF Veg Blend - Designer's Mix a blend of chopped spinach, collards, rapini, cut yellow beans & diced white onions	10x1kg (2.2 lb)	TTB-153
Innovation (Straights)		
IQF Chopped Rapini (1")	12x32oz (907g)	TTB-201
IQF Chopped Kale (3/8")	12x48oz (1.36kg)	TTB-203



Cabbage Rolls
(application: stuffing/filling)



Perogies/Dumplings
(application: stuffing/filling)



Kale & Artichoke Dip
(application: appetizers)



Pizza
(application: Topping for bruschetta & flat breads)



Frittata
(application: perfect pairing for any egg dish)

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Contact Us

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