

# Arctic Gardens<sup>®</sup>

## GARDEN BEAN BLEND

Offer an on-trend, legumes and vegetables mix to compliment salads and bowls.



# SAY HELLO TO EFFICIENCY



ARCTIC GARDENS  
Garden Bean Blend  
28102  
4 x 2 kg

## Ingredients

Corn, Green Peas, Red Kidney Beans, White Beans

- **Easy to portion**  
Uniform sizes, simply portion and store the rest for later use, with no waste.
- **Locally-sourced**  
All ingredients are harvested in North America
- **Ready-to-cook**
- **Versatile**  
Used in bowls, soups, sides, salads and more!
- **Filling**  
Nutritious mix of fibres and protein

## Nutrition Facts Valeur nutritive

Per 2/3 cup (85 g)  
pour 2/3 tasse (85 g)

Calories 90	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 0.5 g	1 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 18 g	
Fibre / Fibres 6 g	21 %
Sugars / Sucres 1 g	1 %
Protein / Protéines 6 g	
Cholesterol / Cholestérol 0 mg	
Sodium 15 mg	1 %
Potassium 250 mg	7 %
Calcium 30 mg	2 %
Iron / Fer 1.75 mg	10 %

\*5% or less is a little, 15% or more is a lot  
\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

DID YOU KNOW?



Over half of the population (53%) is open to a **plant-forward eating pattern**, a 2% increase from 2022. Consumers who do so gravitate toward lentils, beans, whole grains, fruits and vegetables to create healthier, more sustainable and less expensive meals.

Source: Datassential, 2023 & Restaurant Business, 2022



arcticgardensfoodservice.ca

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Arctic  
Gardens



# RECIPE



## ISRAELI COUSCOUS SALAD WITH PESTO



Preparation time: 20 minutes  
Cooking time: 10 minutes



Portions: 35

### Ingredients

<b>2 kg</b>	Dry Israeli couscous
<b>1 bag</b> (2kg)	Arctic Gardens Garden bean blend
<b>4 cups</b> (1L)	Pesto
<b>8</b>	Lemons, juice and zest
<b>1 bunch</b>	Parsley, chopped
<b>1 bunch</b>	Basil, chopped
	Salt and pepper to taste
<b>8 cups</b> (2L)	Feta, diced
<b>2 cups</b> (500mL)	Roasted pumpkin seeds

### Directions

1. Cook Israeli couscous. Cool under cold water and set aside to chill.
2. Cook Garden bean blend for 3 minutes in a pot of boiling water. Cool under cold water and set aside to chill.
3. Combine pesto, lemon juice, lemon zest and herbs in a bowl. Season to taste with salt and pepper.
4. Add Israeli couscous, Garden bean blend and feta cheese, then mix well.
5. Serve with roasted pumpkin seeds as garnish.

### Nutrition Facts Valeur nutritive

Per (100 g)  
pour (100 g)

<b>Calories 260</b>	<b>% Daily Value*</b>
<b>Fat / Lipides 11 g</b>	<b>% valeur quotidienne*</b>
Saturated / saturés 4 g	20 %
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides 31 g</b>	
Fibre / Fibres 4 g	14 %
Sugars / Sucres 2 g	2 %
<b>Protein / Protéines 10 g</b>	
<b>Cholesterol / Cholestérol 15 mg</b>	
<b>Sodium 290 mg</b>	<b>13 %</b>
<b>Potassium 175 mg</b>	<b>5 %</b>
<b>Calcium 125 mg</b>	<b>10 %</b>
<b>Iron / Fer 1 mg</b>	<b>6 %</b>

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# RECIPE



## STUFFED PEPPERS

As seen on the cover



Preparation time: 10 minutes

Cooking time: 50 minutes



Portions: 25

### Ingredients

7 cups (800g)	Arctic Gardens Rice Pilaf (2kg)
1 bag (2kg)	Arctic Gardens Garden Bean blend
25	Peppers, cut in half and cored
10 cups (2.5L)	Salsa sauce
6 tbsp (100mL)	Nutritional yeast
6 tsp (33mL)	Cumin powder
6 tsp (33mL)	Garlic powder
6 tsp (33mL)	Chili powder
10 cups (2.5L)	Grated cheddar cheese

### Directions

1. Preheat combi oven to 212°F (100°C)/ 100% steam.
2. Combine rice pilaf and garden bean blend. Bake in combi oven for 5 minutes on a perforated baking sheet. Set aside.
3. Preheat conventional oven to 375°F (190°C)\*.
4. In a bowl, combine the rice pilaf and garden bean blend with half the salsa, nutritional yeast and spices. Adjust seasoning to taste.
5. Fill the peppers generously with the mixture and place on a baking sheet.
6. Spread the remaining salsa over peppers and top with shredded cheddar. Bake for 45 minutes.

\* If using a conventional oven, adjust cooking time accordingly.

### Nutrition Facts Valeur nutritive

Per (100 g)  
pour (100 g)

Calories 100	% Daily Value*
<b>Fat / Lipides 4.5 g</b>	6 %
Saturated / saturés 2.5 g	13 %
+ Trans / trans 0.1 g	
<b>Carbohydrate / Glucides 11 g</b>	
Fibre / Fibres 3 g	11 %
Sugars / Sucres 3 g	3 %
<b>Protein / Protéines 5 g</b>	
<b>Cholesterol / Cholestérol 10 mg</b>	
Sodium 280 mg	12 %
Potassium 225 mg	7 %
Calcium 100 mg	8 %
Iron / Fer 0.75 mg	4 %

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