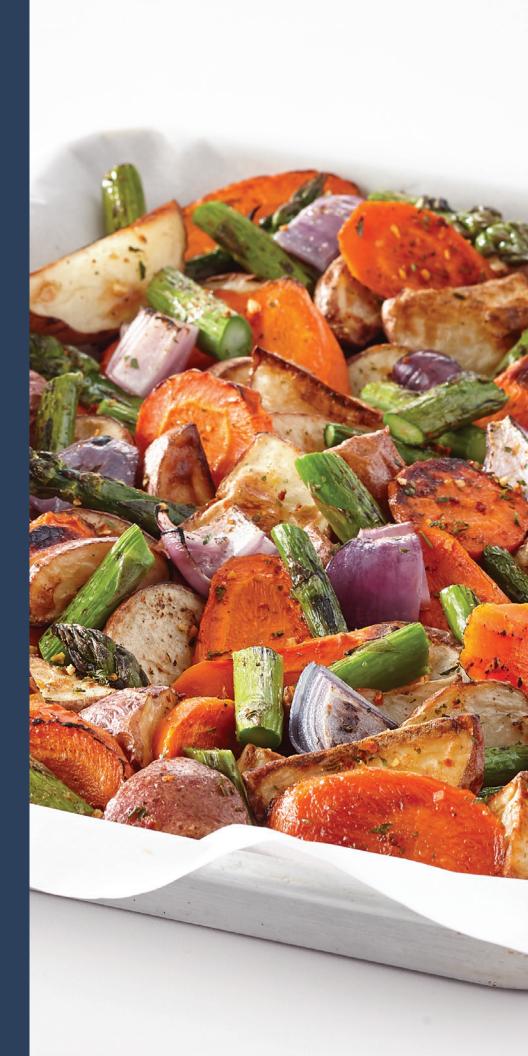
# Arctic Gardens

# ROASTING VEGETABLES ASPARAGUS & RED POTATOES

**Simplify your operations** with our colorful and tasty blend.



# IDEAL AS A SIDE DISH AND MORE!



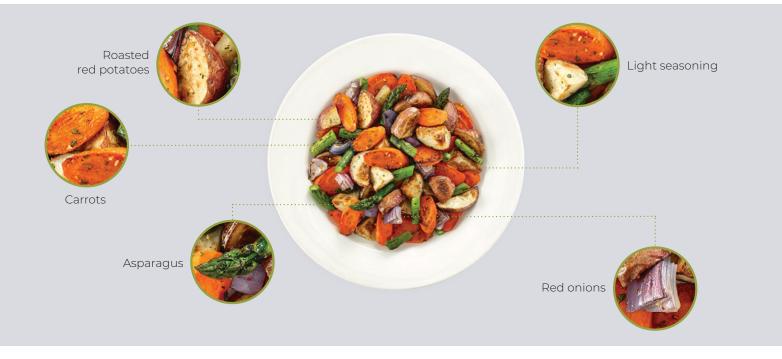
ARCTIC GARDENS Roasting vegetables 10055686110106

4 x 4.4 lbs

#### **Nutrition Facts** servings per container Amount per serving 60 Calories % Daily Value\* Total Fat 2g 3% Saturated Fat 0g 0% Trans Fat 0g Cholesterol Omg 0% Sodium 180mg 8% Total Carbohydrate 11g 4% Dietary Fiber 2g 7% Total Sugars 2g Includes 0g Added Sugars 0% Protein 2g Vitamin D 0mcg 0% Calcium 20mg 2% Iron 0.7mg 4% 4% Potassium 230mg

"The K-Da y Value fells you how much a numeri in a serving of food contributes to a dely det 12.000 calorios a day is used for general numion advice.

- Low in fat
- Source of fiber
- Cholesterol-free
- Source of potassium





FOR MORE RECIPE INSPIRATION, VISIT ARCTICGARDENSFOODSERVICE.COM

# Arctic Gardens.

# DISCOVER THE SIMPLICITY OF OUR ROASTING VEGETABLES BLEND

### Easy to cook

Ready in about 6-7 minutes in convection oven



Stir fry for about 12-14 minutes



Smooth texture
Ideal size of each vegetable

to guarantee a smooth texture

## Customizable

Light coating enables to add your personal twist



## VEGETABLE SOLUTIONS AND MORE FOR YOUR MENU AVAILABLE YEAR-ROUND



## High food quality & safety

Picked at the peak of maturity, certified by at least one Global Food Safety Initiative (GFSI), traceability

### Easy to use

Pre-washed, pre-cut and ready-to-cook increases labor efficiencies Zero product waste due to long shelf life

Versatile

Numerous applications

## Get inspired with the following menu applications





## RECIPE

## SCRAMBLED EGG, POTATO AND ASPARAGUS CASSOLETTE AU GRATIN



Preparation time: **20 minutes** Cooking time: **30 minutes** 



Servings: **20** of 2 cups

#### INGREDIENTS

#### CASSOLETTE

| 4 tbsp                          | Sunflower oil                                                   |
|---------------------------------|-----------------------------------------------------------------|
| <b>9 lbs</b> (2 bags of 4.4lbs) | Arctic Gardens Roasting<br>Vegetables Asparagus<br>& Red Potato |
| 1 lb                            | Fresh baby spinach                                              |
| 20 units (about 2 lbs)          | Large calibre eggs                                              |
| <b>3</b> ½ <b>c</b>             | Béchamel sauce                                                  |
| 2 c                             | White cheddar, grated                                           |
| 1 c                             | Green onions, chopped                                           |
| BÉCHAMEL                        |                                                                 |
| 3 c                             | 2% milk                                                         |
| <b>3</b> ½ tbsp                 | Unsalted butter, melted                                         |
| 5 tbsp                          | Unbleached all-purpose flour                                    |
| ½ <b>tsp</b>                    | Sea salt                                                        |
| ¼ tsp                           | Ground nutmeg                                                   |
| ¼ tsp                           | Onion powder                                                    |
| ½ <b>tsp</b>                    | Garlic powder                                                   |

#### DIRECTIONS

#### BÉCHAMEL

 In a pan, melt butter at medium heat. Add flour and whisk for 1 minute. Add milk and whisk until thickened. Set aside.

#### ASSEMBLING THE CASSOLETTE

- 1. Preheat oven to 425 °F.
- 2. Mix together the sunflower oil and Paco mixture. Put on a baking sheet and roast for 20 minutes. Add spinach and mix.
- 3. Cook scrambled eggs and set aside.
- In a casserole dish, add l cup of Paco mixture, ¼ cup of scrambled eggs, ¼ cup of Béchamel and l tablespoon of cheddar.
- Set the oven to broil and put cassolettes on the highest grill rack. Broil until golden. Garnish with green onions.

| Nutrition Fa                                                                                                                             | acts                            |
|------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------|
| servings per container<br>Serving size                                                                                                   | 3.5 oz                          |
| Amount per serving<br>Calories                                                                                                           | 100                             |
|                                                                                                                                          | aily Value*                     |
| Total Fat 6g                                                                                                                             | 8%                              |
| Saturated Fat 2g                                                                                                                         | 10%                             |
| Trans Fat 0g                                                                                                                             |                                 |
| Cholesterol 60mg                                                                                                                         | 20%                             |
| Sodium 200mg                                                                                                                             | 9%                              |
| Total Carbohydrate 9g                                                                                                                    | 3%                              |
| Dietary Fiber 2g                                                                                                                         | 7%                              |
| Total Sugars 2g                                                                                                                          |                                 |
| Includes 0g Added Sugars                                                                                                                 | 0%                              |
| Protein 4g                                                                                                                               |                                 |
|                                                                                                                                          |                                 |
| Vitamin D 0.3mcg                                                                                                                         | 2%                              |
| Calcium 70mg                                                                                                                             | 6%                              |
| Iron 1mg                                                                                                                                 | 6%                              |
| Potassium 240mg                                                                                                                          | 6%                              |
| "The % Daily Value tells you how much a n<br>serving of food contributes to a daily diet. 2<br>day is used for general nutrition advice. | utrient in a<br>,000 calories a |

