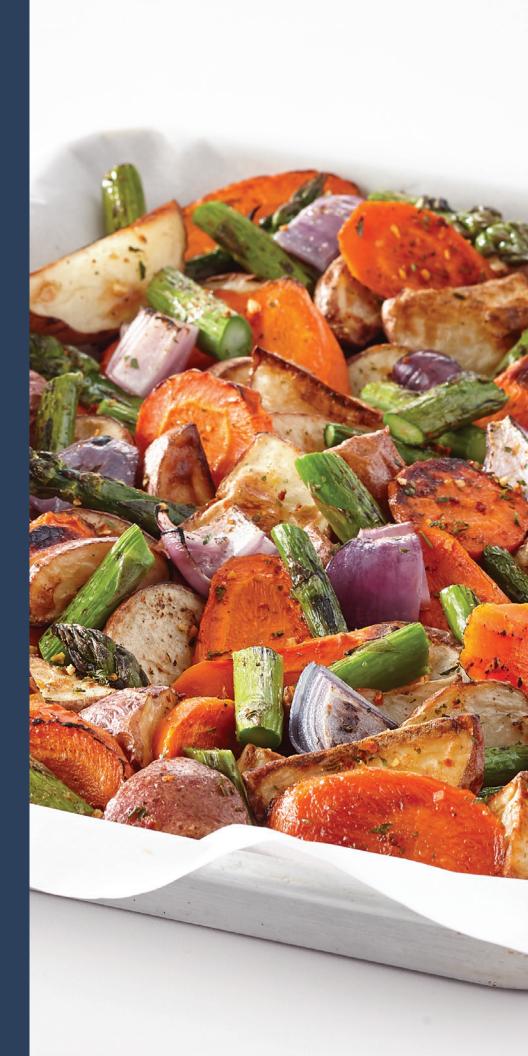
# Arctic Gardens

# ROASTING VEGETABLES ASPARAGUS & RED POTATOES

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



# IDEAL AS A SIDE DISH AND MORE!



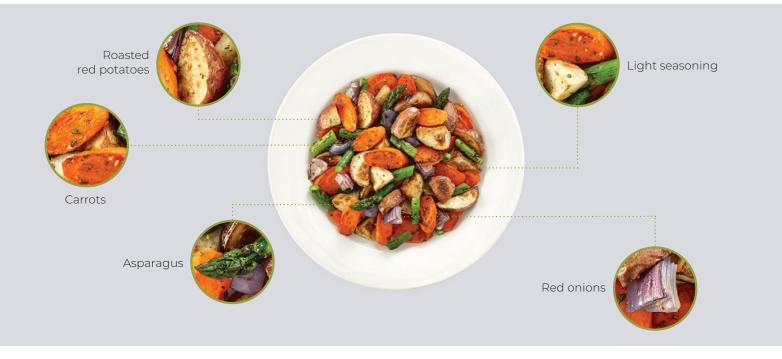
ARCTIC GARDENS Roasting vegetables 10055686110106

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 Vegetables Asparagus & 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 Serving size	3.5 oz
Amount per serving 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 serving of food contributes to a daily diet. 2 day is used for general nutrition advice.	utrient in a ,000 calories a

