

Arctic Gardens[®]

GRAIN AND LEGUME BLENDS

Offer your clients the advantages of fast prep and timeless versatility with our two new frozen blends.



OPTIMIZED OPERATIONS AWAIT

Introducing a frozen range of healthy and tasty grain & legume blends. These on-trend unseasoned mixes, include grains such as barley and bulgur and legumes such as lentils and white beans. They are versatile and can be used for various menu applications with a 76% faster cooking time than cooking ingredients individually*.



Nutrition Facts		Valeur nutritive	
Per 1 cup (140 g) pour 1 tasse (140 g)			
Calories 170		% Daily Value*	
Fat / Lipides 1 g		Saturés / saturés 0 g	1 %
		+ Trans / trans 0 g	0 %
Carbohydrate / Glucides 38 g		Fibre / Fibres 8 g	29 %
		Sugars / Sucres 1 g	1 %
Protein / Protéines 7 g		Cholesterol / Cholestérol 0 mg	
		Sodium 4 mg	1 %
Potassium 300 mg			9 %
Calcium 40 mg			3 %
Iron / Fer 2.5 mg			14 %
*5% or less is a little. 15% or more is a lot *5% ou moins c'est peu. 15% ou plus c'est beaucoup			

ARCTIC GARDENS
Ancient Grain Blend
28124

4 x 2 kg

Ingredients
Barley, Spelt, White Beans



Nutrition Facts		Valeur nutritive	
Per 1 cup (140 g) pour 1 tasse (140 g)			
Calories 130		% Daily Value*	
Fat / Lipides 0.5 g		Saturés / saturés 0 g	1 %
		+ Trans / trans 0 g	0 %
Carbohydrate / Glucides 29 g		Fibre / Fibres 7 g	25 %
		Sugars / Sucres 1 g	1 %
Protein / Protéines 7 g		Cholesterol / Cholestérol 0 mg	
		Sodium 5 mg	1 %
Potassium 225 mg			7 %
Calcium 20 mg			2 %
Iron / Fer 2.25 mg			13 %
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ARCTIC GARDENS
Rustic Grain Blend
28123

4 x 2 kg

Ingredients
Bulgur, Lentils, Brown Rice

**DID YOU
KNOW?**

82%



of adults strongly agree to the importance of eating foods that are **naturally rich in vitamins/minerals**.

Source : The Nutrition Source, Harvard School of Public Health, "Legumes and Pulses", 2022



* Average based on internal cooking tests with widely available dry ingredients. Tested with both Combi oven and in stir fry mode.

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**Arctic
Gardens**

RECIPE



BARLEY AND WILD BERRY BREAKFAST



Preparation time: 5 minutes
Cooking time: 20 minutes



Portions: 30

Ingredients

2 bags (4 kg)	Arctic Gardens Ancient Grain Blend
32 cups (4 kg)	Frozen berries*
½ cup (125 mL)	Corn starch
2 cups (500 mL)	Milk
2 cups (500 mL)	Maple syrup
8 tsp (40 mL)	Vanilla extract
16 cups (4 L)	Vanilla yogurt

* You can substitute berries with other fruits of your choice.

Directions

1. Preheat oven to 350°F (180°C).
2. Mix all ingredients together except yogurt and pour into baking trays.
3. Bake for 30 minutes, stirring halfway through.
4. Serve warm or cold with vanilla yogurt.

Nutrition Facts	
Valeur nutritive	
Per (100 g) pour (100 g)	
Calories 100	% Daily Value*
Fat / Lipides 1 g	1 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 20 g	
Fibre / Fibres 3 g	11 %
Sugars / Sucres 10 g	10 %
Protein / Protéines 3 g	
Cholesterol / Cholestérol 5 mg	
Sodium 20 mg	1 %
Potassium 175 mg	5 %
Calcium 125 mg	10 %
Iron / Fer 0.75 mg	4 %
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RECIPE



WARM BULGUR, SQUASH, FETA AND MINT SALAD



Preparation time: 15 minutes
Cooking time: 15 minutes



Portions: 20-25

Ingredients

60 cups (7 kg)	Arctic Gardens diced squash
1 ¼ cups (312.5 mL)	Olive oil
5 tbsp (75 mL)	Coriander powder
3 ½ tbsp (52.5 mL)	Cumin powder
5 tsp (25 mL)	Pepper
2 ½ tbsp (37.5 mL)	Salt
25 cups (3.5 kg)	Arctic Gardens Rustic Grain blend
4 cups (1 L)	Pomegranate seeds
1 ¼ cups (312.5 mL)	Mint, chopped
2 ½ cups (625 mL)	Feta cheese, crumbled
DRESSING	
1 ¼ cups (312.5 mL)	Olive oil
1 ¼ cups (312.5 mL)	Lemon juice
2 ½ tsp (12.5 mL)	Cumin powder
	Salt and pepper to taste
2 ½ cups (625 mL)	Red onion, diced

Directions

1. Preheat combi oven to 400°F (200°C)*.
2. In a large bowl, coat the frozen diced squash with oil, coriander, cumin, salt and pepper. Place on oiled or parchment-lined baking sheets and bake for 8-10 minutes, or until roasted. Set aside.
3. Preheat combi oven to 212°F (100°C) in steam mode. Pour Rustic grain blend into unperforated trays and bake 4-5 minutes. Set aside.
4. Prepare vinaigrette by mixing oil, cumin, salt and pepper to taste and diced red onion.
5. In a large bowl, mix the Rustic grain blend with the squash, dressing and pomegranate.
6. Divide between serving bowls and garnish with mint and feta on top.

* If using a conventional oven, adjust cooking time accordingly, we recommend 20-25 minutes.

Nutrition Facts Valeur nutritive

Per (100 g) pour (100 g)	
Calories 100	% Daily Value*
Fat / Lipides 3.5 g	5 %
Saturated / saturés 1 g	5 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 16 g	
Fibre / Fibres 3 g	11 %
Sugars / Sucres 3 g	3 %
Protein / Protéines 3 g	
Cholesterol / Cholestérol 5 mg	
Sodium 180 mg	8 %
Potassium 200 mg	6 %
Calcium 40 mg	3 %
Iron / Fer 1 mg	6 %

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* 5% ou moins c'est peu, 15% ou plus c'est beaucoup