

Arctic Gardens®

DISCOVER OUR NEW ROASTING VEGETABLES

Offer your customers
elaborate and colourful recipes
rapidly with these blends.



TWO NEW FLAVOURS, EASILY CUSTOMIZABLE

- **Practicality**

Quick and easy to prepare
Versatile
Long shelf life

- **Efficiency**

Pre-washed
Pre-cut
Ready-to-use

- **Quality**

Excellent taste & texture
Homemade cut



ARCTIC GARDENS
Brussels-style blend
12460

4 x 2 kg
Cauliflower, Brussels sprouts,
Sweet potatoes, Canola oil,
Seasoning

Nutrition Facts Valeur nutritive	
Per 2/3 cup (85 g) pour 2/3 tasse (85 g)	
Calories 60	% Daily Value* % valeur quotidienne*
Fat / Lipides 2 g	3 %
Saturated / saturés 0.2 g	1 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 9 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 1 g	1 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 220 mg	10 %
Potassium 250 mg	5 %
Calcium 20 mg	2 %
Iron / Fer 0.5 mg	3 %
Vitamin A / Vitamine A 100 µg	11 %
*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
Root Blend
12055

4 x 2 kg
Sweet potatoes, Orange carrots,
Yellow carrots, Parsnips,
Red onions, Canola oil, Seasoning

Nutrition Facts Valeur nutritive	
Per 3/4 cup (85 g) pour 3/4 tasse (85 g)	
Calories 70	% Daily Value* % valeur quotidienne*
Fat / Lipides 2 g	3 %
Saturated / saturés 0.2 g	1 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 12 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 3 g	3 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 240 mg	10 %
Potassium 250 mg	5 %
Calcium 30 mg	2 %
Iron / Fer 0.5 mg	3 %
Vitamin A / Vitamine A 400 µg	44 %
*5 % or less is a little, 15 % or more is a lot *5 % ou moins c'est peu, 15 % ou plus c'est beaucoup	

ALSO AVAILABLE



ARCTIC GARDENS
Roasting Vegetables
Asparagus & Red Potatoes
27774

4 x 2 kg

RECIPE



RUSTIC ROOT VEGGIE PIE



Preparation time: **15 minutes**
Cooking time: **45 minutes**



Portions: **18**

Ingredients

1 bag (2 kg)

Arctic Gardens
Roasting Vegetables Root Blend

3

9" pie crusts

3

Large red onions, chopped

6 tbsp (90 ml)

Butter

6 tbsp (90 ml)

To taste

6 eggs +

3 egg yolks

3 tbsp (45 ml)

2 ¼ cups (540 ml)

1 ½ cups (375 ml)

Maple syrup

Salt and pepper

To glaze the crusts

Freshly chopped parsley

Cream

Shredded mozzarella

Directions

1. Preheat oven to 350 °F (180 °C) and roast the roasting vegetables root blend on a lightly greased baking sheet for 15 minutes*.
2. While the veggies are roasting, unroll the pie crust onto 9" baking dishes. Pre-bake for 3 to 5 minutes in 350 °F (180 °C) oven.
3. In a pot, sauté the chopped red onion with the butter until translucent, then add salt and pepper to taste. Add the maple syrup and caramelize for a few minutes. Remove from heat and set aside.
4. In a bowl, prepare the filling by beating the whole eggs, parsley, cream and grated mozzarella. Add salt and pepper to taste.
5. Sprinkle the cooked onions onto the bottom of the pre-baked pie crust. Add the seasoned root vegetables on top, then the egg mixture.
6. Brush the edges of the pie crust with the egg yolk to glaze. Bake for 20 to 30 minutes* at 350 °F (180 °C) until crust is golden and the filling is cooked through.

* If you're using a combi oven, remember to adjust the cooking time accordingly, about 10 to 15 minutes less.

Nutrition Facts Valeur nutritive

Per (100 g)
pour (100 g)

Calories 150 % Daily Value*
% valeur quotidienne*

Fat / Lipides 9 g 12 %
Saturated / saturés 4.5 g 23 %
+ Trans / trans 0 g

Carbohydrate / Glucides 15 g 7 %
Fibre / Fibres 2 g 5 %
Sugars / Sucres 5 g

Protein / Protéines 4 g

Cholesterol / Cholestérol 50 mg

Sodium 130 mg 6 %

Potassium 175 mg 4 %

Calcium 75 mg 6 %

Iron / Fer 0.75 mg 4 %

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

RECIPE



BRUSSELS SPROUTS, SWEET POTATO AND CAULIFLOWER GRATIN



Preparation time: 15 minutes
Cooking time: 50 minutes



Portions: 25-30

Ingredients

1 bag (2 kg)	Arctic Gardens Roasting Vegetables Brussels-Style
1 bag (2 kg)	Arctic Gardens Frozen Cauliflower Florets
1 cup (235 ml)	Butter

1 cup (235 ml)
10 ½ cups (2.5 l)
5 cups (1.2 l)
2 tbsp (30 ml)
½ tsp (2.5 ml)
To taste

Flour
Milk
Grated cheddar cheese
Dijon mustard
Powdered nutmeg
Salt and pepper

Directions

1. Preheat oven to 180 °C (350 °F).
2. Roast the Roasting Vegetables Brussels-Style blend and Cauliflower Florets in a single layer on lightly greased baking sheets at 350 °F (180 °C) for 15 minutes*.
3. While the vegetables are roasting, prepare the bechamel sauce: In a large saucepan, melt the butter over medium heat. Add the flour and whisk for 1 minute. Pour the milk in gradually, whisking constantly until the sauce thickens and becomes creamy. Remove from heat, season with mustard, nutmeg, salt and pepper. Add half the grated cheese.
4. Put the vegetables in the casserole dishes and pour the bechamel sauce over top. Sprinkle remaining grated cheese.
5. Bake 30 to 40 minutes in 350 °F (180 °C)* oven. Finish by broiling the cheese for 2 to 3 min until golden and bubbly.

* If you're using a combi oven, remember to adjust the cooking time accordingly.

Nutrition Facts	
Valeur nutritive	
Per (100 g) pour (100 g)	
Calories 90	% Daily Value*
Fat / Lipides 5 g	7 %
Saturated / saturés 2.5 g	14 %
+ Trans / trans 0.2 g	
Carbohydrate / Glucides 7 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 2 g	2 %
Protein / Protéines 5 g	
Cholesterol / Cholestérol 10 mg	
Sodium 115 mg	5 %
Potassium 175 mg	4 %
Calcium 100 mg	8 %
Iron / Fer 0.4 mg	2 %
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	