

Arctic  
Gardens<sup>®</sup>

## FUSION BLEND

Offer a **delicious and  
colorful alternative**  
to traditional bean blends





# COUNTLESS BENEFITS



**ARCTIC GARDENS**  
Fusion Blend  
**90732**  
4 x 2 kg

## Ingredients

Edamame, Black Beans, Super Sweet Corn

- ▶ **Time-saving**  
Washed and trimmed beforehand
- ▶ **Ready-to-cook**
- ▶ **Great consistent texture**  
Blanched; delivers same great texture every time
- ▶ **Clean label & healthy**  
Filled with diverse nutrients

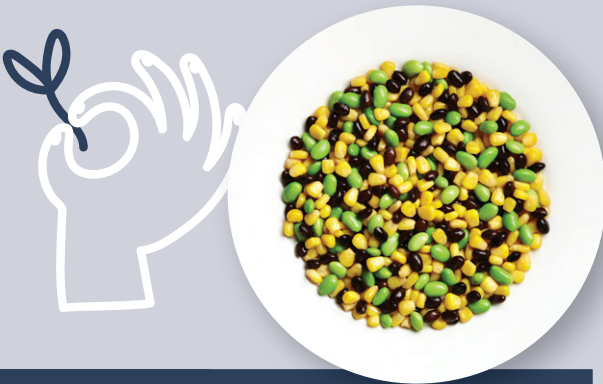
## Nutrition Facts

servings per container  
**Serving size** 2/3 cup (85g)

Amount per serving  
**Calories** **90**  
% Daily Value\*

Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
<b>Total Carbohydrate 16g</b>	<b>6%</b>
Dietary Fiber 4g	14%
Total Sugars 2g	
Includes 0g Added Sugars	0%
<b>Protein 5g</b>	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1.3mg	8%
Potassium 290mg	6%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



**DID YOU KNOW ?**

**65%**

of Gen Zs say they are looking for a **more plant-based** forward diet.<sup>1</sup>

<sup>1</sup> Hartman Group, reported by Supermarket News: [www.supermarketnews.com/health-wellness/gen-z-leading-generational-shift-plant-based-food-purchasing](http://www.supermarketnews.com/health-wellness/gen-z-leading-generational-shift-plant-based-food-purchasing)



**FOR MORE INSPIRATION, VISIT [ARCTICGARDENSFOODSERVICE.COM](http://ARCTICGARDENSFOODSERVICE.COM)**



# RECIPE



## ASIAN SALAD WITH MANGO AND GINGER



Preparation time: **15 minutes**

Cooking time: **5 minutes**



Portions: **25**

### INGREDIENTS

#### SALAD

<b>1 bag</b> (2kg)	Arctic Gardens Fusion Blend
<b>1 tsp</b> (5mL)	Canola oil
<b>200 g</b> (½ bag)	Uncooked rice vermicelli (yields 500g cooked)
<b>80 g</b> (⅔ cup)	Red onion, finely sliced
<b>160 g</b> (1 ⅓ cup)	Red pepper, julienned
<b>160 g</b> (1 ½ cup)	Bean sprouts

#### VINAIGRETTE

<b>200 g</b> (2 cups)	Arctic Gardens Diced Carrots
<b>125 ml</b> (½ cup)	Rice Vinegar
<b>170 ml</b> (⅔ cup)	Mango juice
<b>10 g</b> (2 tsp)	Fresh ginger, grated
<b>30 ml</b> (2 tbsp)	Honey
<b>125 ml</b> (½ cup)	Canola oil
<b>6 g</b> (2 tbsp)	Fresh mint, chopped

### DIRECTIONS

1. Cook the Fusion Blend in boiling water or steam for 3 or 4 minutes. Rinse under cold water and set aside.
2. Thaw the carrots. At the same time, cook the rice vermicelli according to package instructions.
3. Sauté red peppers with canola oil.
4. In a processor, combine the diced carrots, rice vinegar, mango juice, fresh ginger, honey and canola oil.
5. Mix together all salad vegetables with the rice vermicelli. Dress with vinaigrette and garnish with chopped mint.

### Nutrition Facts

servings per container  
**Serving size 3.5 oz (100g)**

Amount per serving  
**Calories 140**

	% Daily Value*
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 10mg	<b>0%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 4g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 5g	
Vitamin D 0mcg	<b>0%</b>
Calcium 20mg	<b>2%</b>
Iron 1mg	<b>6%</b>
Potassium 280mg	<b>6%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



# RECIPE



## FUSION MEXICAN SOUP AS SEEN ON THE COVER



Preparation time: **15 minutes**  
Cooking time: **25 minutes**



Portions: **25**

### INGREDIENTS

<b>1 bag</b> (2 kg)	Arctic Gardens Fusion Blend
<b>600g</b> (3 cups)	Diced red onion
<b>35 g</b> (5 tbsp)	Chopped garlic
<b>125 ml</b> (½ cup)	Vegetable oil
<b>750 g</b> (5 cups)	Diced red bell peppers
<b>2 L</b> (5 cans of 398 mL)	Diced tomatoes
<b>25 g</b> (5 tbsp)	Chili seasoning
<b>5 g</b> (2 tbsp)	Dried oregano
<b>5 L</b> (20 cups)	Homemade chicken stock
<b>150 g</b> (1½ cups)	Grated cheddar cheese

### DIRECTIONS

1. Heat oil in a large pot and sweat onion and garlic for 3 minutes.
2. Add all remaining ingredients except the cheese.
3. Bring to a low boil and cook for 20 minutes.
4. Divide into bowls and top with grated cheddar.

Option: Garnish with baked tortilla strips.

### Nutrition Facts

servings per container  
Serving size **3.5 oz (100g)**

Amount per serving  
**Calories 70**

% Daily Value\*

**Total Fat** 3g 4%

Saturated Fat 0.5g 3%

Trans Fat 0g

**Cholesterol** 5mg 2%

**Sodium** 100mg 4%

**Total Carbohydrate** 8g 3%

Dietary Fiber 1g 4%

Total Sugars 2g

Includes 0g Added Sugars 0%

**Protein** 3g

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 0.5mg 2%

Potassium 170mg 4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.