

**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  
Serving size 3/4 cup (85g)

Amount per serving  
**Calories 60**

	% Daily Value*
<b>Total Fat</b> 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 180mg	8%
<b>Total Carbohydrate</b> 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%
Potassium 230mg	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.

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



FOR MORE RECIPE INSPIRATION, VISIT [ARCTICGARDENSFOODSERVICE.COM](http://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
- 9 lbs** (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
- 3 ½ c** Béchamel sauce
- 2 c** White cheddar, grated
- 1 c** Green onions, chopped

#### BÉCHAMEL

- 3 c** 2% milk
- 3 ½ tbsp** Unsalted butter, melted
- 5 tbsp** Unbleached all-purpose flour
- ½ tsp** Sea salt
- ¼ tsp** Ground nutmeg
- ¼ tsp** Onion powder
- ½ tsp** Garlic powder

### DIRECTIONS

#### BÉCHAMEL

1. 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.
4. In a casserole dish, add 1 cup of Paco mixture, ¼ cup of scrambled eggs, ¼ cup of Béchamel and 1 tablespoon of cheddar.
5. Set the oven to broil and put cassolettes on the highest grill rack. Broil until golden. Garnish with green onions.

Nutrition Facts	
servings per container	
Serving size	3.5 oz
Amount per serving	
<b>Calories</b>	<b>100</b>
% Daily 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%
<b>Protein 4g</b>	
Vitamin D 0.3mcg	2%
Calcium 70mg	6%
Iron 1mg	6%
Potassium 240mg	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.