



# garden cut

A FRESH EXPERIENCE



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# ABOUT GARDEN CUT®

## Take the production out of your kitchen. Leave it to us.

Our Fresh Cut Division offers made-to-order processing of fresh fruits and vegetables and unique products for retail.

### We are proud to offer:

Staple items from the fresh-cut category such as lettuce, onion, peppers, apples, and melon.

Unique selections such as butternut squash, fruit salad, and veggie noodles.

A certified organic processing facility with a selection of retail and food service items.

Kosher-certified facility with a full selection of Kosher offerings.

Oven-ready, skillet, and grill products. We offer an assortment of food service blends as well retail oven, skillet and grill ready items.



### Why use Garden Cut®?

- 1 Reduce Labor Cost
- 2 Minimize Product Shrink
- 3 Minimize Your Food Safety Liability

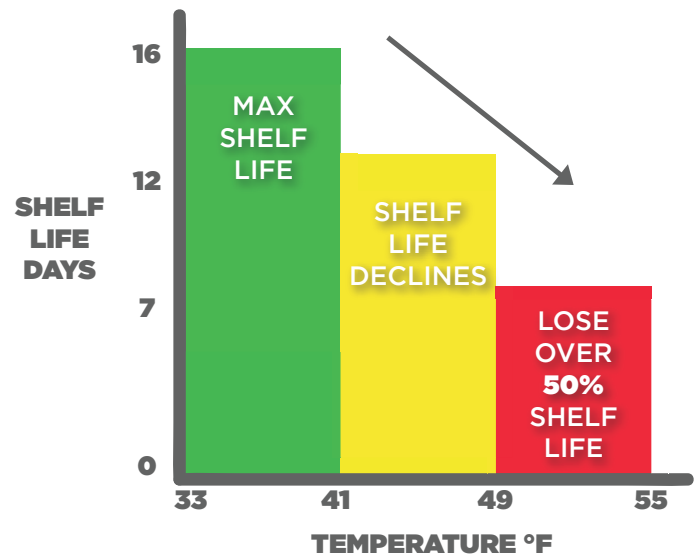
Garden Cut® helps consumers by taking extra preparation out of the kitchen.

Garden Cut is an SQF certified facility, which undergoes annual certification audits and unannounced regulatory inspections. We have a fully-documented food safety program that minimizes the potential of contamination to occur during receiving, storage, processing, and shipment of products.



# GARDEN CUT® HANDLING GUIDE

Garden Cut's® adherence to the cold chain ensures low shrink for our customers.



Retailer's adherence to the cold chain ensures low shrink and optimal consumer quality.

## AT THE GARDEN CUT® PRODUCTION FACILITY

Proper control of product temperature is the single most important factor affecting the quality of Fresh-Cut produce.

Cold Chain is continuously managed from our facility to yours.

Products are shipped to you in temperature controlled and monitored trailers and set to ideal temperature parameters.

**At the Garden Cut® Production Facility:** Proper storage, temperature control, and handling ensure product integrity and maximize shelf life resulting in higher sales and repeat purchases.

Fresh-cut produce should be shipped, stored, and displayed at temperatures between 34 and 40 Degrees.





# GARDEN CUT<sup>®</sup> HANDLING GUIDE



## UPON DELIVERY TO YOUR STORE

- Check trailer and product temperatures.
- Open and spot check several cartons for:
  - Unsealed or broken containers.
  - High temperatures.
- Immediately refrigerate all fresh-cut produce in the proper storage facility.
  - Never allow fresh-cut produce to stay outside refrigeration.

## COOLER / BACKROOM

- Maintain proper temperature in the cooler (between 34° - 40°F)
  - Optimal humidity should be between 90-95%.
  - Never spray or mist fresh-cut produce.
- Store fresh-cut produce in the coldest part of the cooler.
  - Avoid placing the produce directly in front of the blowers which may cause freezing.
  - Keep bags and cartons tightly closed until ready to use.
- Rotate stock.
- Avoid cross contamination and maintain proper sanitation.
- Avoid storing fresh-cut produce near commodities that give off ethylene which can accelerate ripening and aging.



## SALES FLOOR

- Maintain product temperature between 34° - 40°F while product is on the shelf.
- Rotate according to “Best If Used By” date.
- Fresh-cut produce can be merchandised in a separate section or other departments as compliments.
- Fresh-cut should not be stacked too high or deep
  - Cold air needs to be circulated.
  - Regular temperature checks are recommended.
- Visually check fresh-cut produce frequently and note any signs of deterioration.
  - For health and safety reasons, never sell any fresh-cut produce that is poor quality or out of date.

## Profitability Through Partnership:



**Indianapolis  
Fruit** Distributors of Fruits  
Vegetables & Floral

Produce a *Fresh  
Experience*  
Together!



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**Cantaloupe Chunks**

Item #: 17445  
Size: 6 OZ x 4 CT  
UPC: 053495095013



**Fruit Delight**

Item #: 17431  
Size: 6 OZ x 4 CT  
UPC: 053495988223  
Ingredients: Red Grapes, Strawberries, Pineapple



**Fruit Mania**

Item #: 17432  
Size: 6 OZ x 4 CT  
UPC: 053495988230  
Ingredients: Pineapple, Cantaloupe, Honeydew, Granny Smith Apples, Gala Red Apples



**Honeydew Chunks**

Item #: 17455  
Size: 6 OZ x 4 CT  
UPC: 053495095020



**Mango Chunks**

Item #: 17459  
Size: 6 OZ x 4 CT  
UPC: 053495988230



**Mixed Fruit Chunks**

Item #: 17434  
Size: 6 OZ x 4 CT  
UPC: 053495095044



**Pineapple Chunks**

Item #: 17467  
Size: 6 OZ x 4 CT  
UPC: 053495095068

Grab a Healthy Snack on the Go!



Our Garden Cut To Go Snack line is a convenient way to satisfy your serving requirements of fresh, healthy fruits and vegetables. Perfect for the on-the-go consumer who needs quick and nutritious bites.



CUPS



**Watermelon Chunks**

Item #: 17472  
Size: 6 OZ x 4 CT  
UPC: 053495095037



CUPS



**Strawberries Trimmed**

Item #: 17469  
Size: 6 OZ x 4 CT  
UPC: 053495095091



**Red Seedless Grapes**

Item #: 17454  
Size: 6 OZ x 4 CT  
UPC: 053495095075



**Sweet Apples w/ Caramel Dip**

Item #: 17442  
Size: 6 OZ x 4 CT  
UPC: 053495090834



**Strawberries and Blueberries**

Item #: 17436  
Size: 6 OZ x 4 CT  
UPC: 053495988247



**Sweet Apples w/ Peanut Butter**

Item #: 17443  
Size: 6 OZ x 4 CT  
UPC: 053495119986



**Tropical Tastiness**

Item #: 17437  
Size: 6 OZ x 4 CT  
UPC: 053495988216  
Ingredients: Kiwi, Mango, Strawberries



**Tart Apples w/ Peanut Butter**

Item #: 17441  
Size: 6 OZ x 4 CT  
UPC: 053495090186





CUPS



**Baby Carrots w/  
Ranch**

Item #: 17446  
Size: 6 OZ x 4 CT  
UPC: 053495080231



**Celery Bites w/  
Ranch**

Item #: 17450  
Size: 6 OZ x 4 CT  
UPC: 053495080712



**Vegetable Bites w/  
Ranch**

Item #: 17430  
Size: 6 OZ x 4 CT  
UPC: 053495119979



CUPS



**Celery Bites w/  
Peanut Butter**

Item #: 17449  
Size: 6 OZ x 4 CT  
UPC: 053495080705



**Celery Sticks**

Item #: 17452  
Size: 6 OZ x 4 CT  
UPC: 053495160087



**Apple Cinnamon  
Crisps**

Item #: 19370  
Size: 6 OZ x 4 CT  
UPC: 053495128940

Granny Apple, Gala  
Apple, Cheese,  
Cinnamon Crisps



**Peanut Butter  
Apple Crisps**

Item #: 19371  
Size: 6 OZ x 4 CT  
UPC: 053495128957

Gala Apple, Celery,  
Cinnamon Crisp,  
Peanut Butter





**Strawberry & Blueberry Mix w/ Strawberry Yogurt**

Item #: 17487  
Size: 6 OZ x 4 CT  
UPC: 053495120197



**Strawberry & Blueberry Mix w/ Vanilla Yogurt**

Item #: 17486  
Size: 6 OZ x 4 CT  
UPC: 053495160063



**Strawberries w/ Vanilla Yogurt**

Item #: 17488  
Size: 6 OZ x 4 CT  
UPC: 053495160155



**Mix Apples w/ Vanilla Yogurt**

Item #: 19366  
Size: 6 OZ x 4 CT  
UPC: 053495128971



**Pineapple w/ Strawberry Yogurt**

Item #: 19367  
Size: 6 OZ x 4 CT  
UPC: 053495128988



**Mango and Pineapple with Vanilla Yogurt**

Item #: 19368  
Size: 6 OZ x 4 CT  
UPC: 053495128964



Grab your spoon and dig into these nutritious and delicious yogurt Parfaits from Garden Cut. Blended with vanilla, strawberry, or pineapple yogurt, fresh fruit and topped with granola. Fruit & Yogurt Parfaits are a good source of protein and fiber.

## CLAMSHELLS



### Sweet Apple Wedges

Item #: 17669  
Size: 12 OZ x 4 CT  
UPC: 053495095518

## CLAMSHELLS



### Tart Apple Wedges

Item #: 17670  
Size: 12 OZ x 4 CT  
UPC: 053495095181



### Melon Medleys

Item #: 17685  
Size: 16 OZ x 4 CT  
UPC: 053495262620



### Mixed Fruit Chunks

Item #: 17605  
Size: 16 OZ x 4 CT  
UPC: 053495070164



### Cantaloupe Chunks

Item #: 17445  
Size: 6 OZ x 4 CT  
UPC: 053495095013



### Mango Slices

Item #: 17684  
Size: 12 OZ x 4 CT  
UPC: 053495095587



### Cantaloupe Chunks

Item #: 17599  
Size: 1 LB x 4 CT  
UPC: 053495070161



### Honeydew Chunks

Item #: 17602  
Size: 1 LB x 4 CT  
UPC: 053495070133



CLAMSHELLS



**Watermelon Chunks**  
Item #: 17472  
Size: 6 OZ x 4 CT  
UPC: 053495095037

CLAMSHELLS



**Pineapple Chunks**  
Item #: 17467  
Size: 6 OZ x 4 CT  
UPC: 053495018166



**Watermelon Chunks**  
Item #: 17633  
Size: 12 OZ x 4 CT  
UPC: 053495225663



**Pineapple Spears**  
Item #: 17468  
Size: 6 OZ x 4 CT  
UPC: 053495119955



**Watermelon Spears**  
Item #: 17640  
Size: 12 OZ x 4 CT  
UPC: 053495120173



**Pineapple Spears**  
Item #: 17642  
Size: 12 OZ x 4 CT  
UPC: 053495092036

# FRESH VEGETABLES

WATER PACKED



**Carrots & Celery - Water Packed**  
Item #: 17712  
Size: 14 OZ x 4 CT  
UPC: 053495120234

WATER PACKED



**Carrot Sticks - Water Packed**  
Item #: 17710  
Size: 14 OZ x 4 CT  
UPC: 053495120210

WATER PACKED



**Celery Sticks - Water Packed**  
Item #: 17713  
Size: 14 OZ x 4 CT  
UPC: 053495120227

CLAMSHELLS



**Green Peppers - Diced**  
Item #: 17465  
Size: 6 OZ x 4 CT  
UPC: 053495070867

CLAMSHELLS



**Butternut Squash**  
Item #: 17644  
Size: 1 LB x 6 CT  
UPC: 053495120135



**Butternut Squash**  
Item #: 17803  
Size: 12 OZ x 4 CT  
UPC: 053495242523



**Tri-Colored Peppers - Diced**  
Item #: 17469  
Size: 6 OZ x 4 CT  
UPC: 053495070836



**Vegetable Bowl w/ Dip**  
Item #: 17636  
Size: 20 OZ x 4 CT  
UPC: 053495070317



**Vegetable Bowl**  
Item #: 17637  
Size: 8 OZ x 4 CT  
UPC: 053495090841



**Vegetable Bowl w/ Dip**  
Item #: 17638  
Size: 8 OZ x 4 CT  
UPC: 053495090858



CLAMSHELLS



**Celery - Diced**  
Item #: 17451  
Size: 6 OZ x 4 CT  
UPC: 053495070843

CLAMSHELLS



**Red Onions - Diced**  
Item #: 17460  
Size: 6 OZ x 4 CT  
UPC: 053495070850



**Onions & Celery Blend**  
Item #: 17428  
Size: 6 OZ x 4 CT  
UPC: 053495070812



**Sweet Onions - Diced**  
Item #: 17461  
Size: 6 OZ x 4 CT  
UPC: 053495777773



**Stuffing Mix**  
Item #: 14026  
Size: 24 OZ x 6 CT  
UPC: 053495120159  
**SEASONAL -**  
**AVAIL ON OCT 30TH**



**Yellow Onions - Diced**  
Item #: 17463  
Size: 6 OZ x 4 CT  
UPC: 053495070829



**Stew Mix**  
Item #: 17721  
Size: 1.5 LB x 4 CT  
UPC: 053495070546  
**SEASONAL -**  
**AVAIL ON OCT 30TH**



**Fajita Mix**  
Item #: 17678  
Size: 8 OZ x 4 CT  
UPC: 053495070881

## FRUITS



### Fruit Tray w/ Dip - Round 2lb

Item #: 12042  
Size: 2 LB x 4 CT  
UPC: 053495097192



### Fruit Mix w/ Blueberries

Item #: 19003  
Size: 1 LB x 4 CT  
UPC: 053495061940



### Fruit Mix w/ Blueberries

Item #: 17970  
Size: 4 LB x 4 CT  
UPC: 053495179706

## VEGETABLES



### Vegetable Tray w/ Ranch Dip

Item #: 12043  
Size: 28 OZ x 4 CT  
UPC: 053495097185



### Vegetable Platter

Item #: 08055  
Size: 40 OZ x 4 CT  
UPC: 053495070799



## QUICK MERCHANDISING TIP



Fruit and veggie trays are the most popular, convenient, and nutritious item for consumers to take to a gathering. Offer year round, but make sure to promote during the holidays and other popular events.



CLAMSHELLS

CLAMSHELLS



**Butternut Squash Veggie Noodles**  
Item #: 19607  
Size: 8 OZ x 4 CT  
UPC: 053495732925



**Sweet Potato Veggie Noodles**  
Item #: 19606  
Size: 8 OZ x 4 CT  
UPC: 053495732918



**Zucchini Veggie Noodles**  
Item #: 19608  
Size: 8 OZ x 4 CT  
UPC: 053495732932



**Beet Veggie Noodles**  
Item #: 19605  
Size: 8 OZ x 4 CT  
UPC: 053495732901



**Organic Butternut Squash Veggie Noodles**  
Item #: 20462  
Size: 8 OZ x 4 CT  
UPC: 053495204620



**Organic Sweet Potato Veggie Noodles**  
Item #: 20463  
Size: 8 OZ x 4 CT  
UPC: 053495204637



**Organic Zucchini Veggie Noodles**  
Item #: 20461  
Size: 8 OZ x 4 CT  
UPC: 053495204613



**Organic Beet Veggie Noodles**  
Item #: 20464  
Size: 8 OZ x 4 CT  
UPC: 053495204644

## GARDEN GRILLERS



**Baby Red Potatoes**  
Item #: 14920  
Size: 14 OZ x 4 CT  
UPC: 053495006781

## GARDEN GRILLERS



**Fresh Asparagus**  
Item #: 14913  
Size: 9 OZ x 4 CT  
UPC: 0534950065712



**Brussels Sprouts**  
Item #: 14589  
Size: 9 OZ x 4 CT  
UPC: 053495120302



**Veggie Stir Fry**  
Item #: 14917  
Size: 10 OZ x 4 CT  
UPC: 053495120449



**Butternut Squash**  
Item #: 14914  
Size: 14 OZ x 4 CT  
UPC: 053495006729



**Sweet Potato Chips**  
Item #: 14916  
Size: 11 OZ x 4 CT  
UPC: 053495120432



**Fire Roasted Veggie Blend**  
Item #: 14592  
Size: 10 OZ x 4 CT  
UPC: 053495120333



**Veggie Kabobs**  
Item #: 14919  
Size: 14 OZ x 4 CT  
UPC: 053495006774

## Garden Grillers™

Garden Grillers are our prepped and ready grilling and oven roasting kits. The line includes a range of items from an Asparagus kit to Sweet Potato chips and a Stir-fry Blend.





**Pico De Gallo**  
Item #: 17692  
Size: 12 OZ x 4 CT  
UPC: 053495069397



**Pico De Gallo Hot**  
Item #: 17699  
Size: 12 OZ x 4 CT  
UPC: 053495776257



**Pico De Gallo**  
Item #: 19222  
Size: 2 LB x 6 CT  
UPC: 053495192224



**Mango Salsa & Pico De Gallo Mix**  
Item #: 13120  
Size: 14 OZ x 4 CT  
UPC: 053495119795



**Habanero Salsa**  
Item #: 17693  
Size: 8 OZ x 4 CT  
UPC: 053495242424



**Serrano Salsa**  
Item #: 17836  
Size: 16 OZ x 4 CT  
UPC: 053495096409



**Jalapeno Salsa**  
Item #: 17723  
Size: 16 OZ x 4 CT  
UPC: 053495131315



**Mango Salsa**  
Item #: 17695  
Size: 12 OZ x 4 CT  
UPC: 053495343411



**Guacamole Mild**  
Item #: 19547  
Size: 14 OZ x 4 CT  
UPC: 053495732727



**Guacamole Hot**  
Item #: 19549  
Size: 14 OZ x 4 CT  
UPC: 053495732741

Item #: 19546  
Size: 10 OZ x 4 CT  
UPC: 053495732710

Item #: 19548  
Size: 10 OZ x 4 CT  
UPC: 053495732734





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Recipe Book







# BEET VEGGIE NOODLES

Item#: 19609

Size: 2.5 LB / 2 CT



## Beet Noodle Salad with Blueberries and Goat Cheese



### INDGREDIENTS:

18 oz Beet Veggie Noodles  
1 cup of Blueberries  
¼-½ cup Goat Cheese, crumbled  
Mint, optional

### DIRECTIONS:

Preheat oven to 400 degrees.

Lay the noodles evenly onto a baking sheet (they will overlap). Roast the beet noodles for 10-15 minutes, or until "al dente".

Place spiralized beet noodles in a large bowl and mix blueberries and goat cheese crumbles.

Add mint and or dressing (optional).

Serve and enjoy!

## Spiralized Beet and Spinach Salad with Gorgonzola



### INDGREDIENTS:

8 oz Beet Noodles  
cooking spray  
Salt and pepper  
½ teaspoon dried thyme  
4 cups spinach  
¼ cup raw walnut halves  
3 tablespoons crumbled gorgonzola cheese (or feta, or goat)  
For the dressing:  
1.5 tablespoons extra virgin olive oil  
1 tablespoon lemon juice  
½ teaspoon Dijon dressing

### DIRECTIONS:

Preheat the oven to 425 degrees. Line a baking sheet with parchment paper.

Spritz the beet noodles with olive oil cooking spray and season with salt, pepper, and thyme. Roast in the oven for 5-10 minutes or until tender.

Meanwhile, prepare the dressing: whisk together all ingredients for the dressing in the bottom of a medium mixing bowl, season to taste.

Set aside.

When beet noodles are done, toss the spinach in the dressing and divide onto plates.

Top each with beet noodles, walnuts, and cheese.



# BUTTERNUT SQUASH VEGGIE NOODLES

Item#: 19611

Size: 2.5 LB / 2 CT



## Garlic Butternut Squash Noodles with Spinach and Ricotta

### INDGREDIENTS:

16 oz Butternut Squash Noodles  
2 tablespoons pine nuts  
1 tablespoon extra virgin olive oil  
1/2 tablespoon minced garlic  
1/4 teaspoon red pepper flakes  
1/4 cup thinly sliced sun-dried  
tomatoes  
1/2 lemon, zested  
1/2 lemon, juiced  
2 cups baby spinach  
1/2 cup ricotta  
1/4 cup grated parmesan cheese  
salt and pepper to taste

### DIRECTIONS:

Heat a large skillet over medium heat. Add pine nuts and toast for 2-3 minutes until lightly browned. Set nuts aside.

In same skillet, add the olive oil, garlic and red pepper flakes. Sauté for about 30 seconds until fragrant.

Add the butternut squash and gently toss to coat in the garlic and olive oil. Add a splash of water to the skillet and cover with a lid. Cook for 3-5 minutes until noodles are soft.

Remove lid, add the sun-dried tomatoes, lemon zest, lemon juice and baby spinach to the skillet. Toss to combine and cook until spinach is wilted, about 2 minutes. Season to taste with salt and pepper.

Transfer noodles to a serving bowl. Dollop the ricotta on top. Garnish with the toasted pine nuts and grated parmesan cheese.



## Creamy Butternut Squash Noodles with Bacon and Spinach

### INDGREDIENTS:

16 oz Butternut Squash Noodles  
1 Tablespoon Extra Virgin Olive Oil  
Kosher Salt and Freshly Ground  
Black Pepper  
4 Slices Thick Bacon, sliced cross-  
wise into small strips  
1 Onion, thinly sliced  
3 Cloves Garlic, finely minced  
1/4 Cup Chicken Broth  
2 Cups Fresh Spinach, roughly  
chopped  
1/4 Cup (2 oz.) Mascarpone Cheese  
Freshly Grated Pecorino Romano  
Cheese, for serving

### DIRECTIONS:

Preheat oven to 400°. Toss veggie noodles with olive oil and season with salt and pepper. Lay the noodles evenly onto a baking sheet (they will overlap). Roast the butternut squash noodles for 10-15 minutes, or until "al dente".

Meanwhile, cook the bacon until crisp in a large skillet over medium high heat, about 5 minutes. Transfer to a paper towel lined plate and set aside. Discard all except 2 teaspoons of bacon grease.

Return the pan back to medium heat and add in the onion. Sauté the onion until lightly brown, about 2 minutes, then add in the garlic. Toss in the roasted butternut squash noodles.

Turn the heat down to low and add the chicken broth, spinach, and mascarpone cheese. Stir well to melt the cheese and combine everything together.

Place noodles onto serving plates and top with crisp bacon; sprinkle with Romano cheese.





# SWEET POTATO VEGGIE NOODLES

Item#: 19610

Size: 2.5 LB / 2 CT



## Sweet Potato Carbonara with Spinach and Mushrooms

### INDGREDIENTS:

- 2 pounds Sweet Potato Noodles
- 3 large eggs, beaten
- 1 cup grated Parmesan cheese
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 1 tablespoon extra-virgin olive oil
- 3 strips center-cut bacon, chopped
- 1, 8-ounce package sliced mushrooms
- 2 cloves garlic, minced
- 1, 5-ounce package baby spinach

### DIRECTIONS:

- Put a large pot of water on to boil.
- Cook the sweet potatoes in the boiling water, gently stirring once or twice, until just starting to soften but not completely tender, 1½ to 3 minutes.
- Reserve ¼ cup of the cooking water, then drain.
- Return the noodles to the pot, off the heat.
- Combine eggs, Parmesan, salt, pepper and the reserved water in a bowl; pour over the noodles and gently toss with tongs until evenly coated.
- Heat oil in a large skillet over medium heat.
- Add bacon and mushrooms and cook, stirring often, until the liquid has evaporated and the mushrooms are starting to brown, 6 to 8 minutes.
- Add garlic and cook, stirring, until fragrant, about 1 minute.
- Add spinach and cook, stirring, until wilted, 1 to 2 minutes.
- Add the vegetables to the noodles and toss to combine.
- Top with a generous grinding of pepper.



## Singapore Sweet Potato Noodles

### INDGREDIENTS:

- 12 oz Sweet Potato Veggie Noodles

### SAUCE:

- 2 teaspoons sesame oil
- 1 tablespoon minced fresh ginger
- 1 clove garlic, minced or grated
- ¼ cup tamari (or low sodium soy sauce)
- 1 tablespoon raw apple cider vinegar
- 1 tablespoon maple syrup (optional)
- 2-3 teaspoons curry powder
- 1 teaspoon coconut oil
- 1 red bell pepper, chopped
- 3 cups mung bean sprouts or shredded cabbage
- 6 green onions, thinly sliced
- 1 cup fresh or frozen peas
- fresh cilantro, for garnish



### DIRECTIONS:

- To prepare the sauce, in a small bowl, whisk together the sesame oil, ginger, garlic, tamari, vinegar, maple syrup, and 2 teaspoons of the curry powder, then set aside.
- In a large Dutch oven, melt the coconut oil over medium heat and cook the bell pepper until it starts to soften, about 5 minutes. Add the bean sprouts and reserved sauce and cook until the vegetables shrink in size, about 5 minutes more. Add the sweet potato noodles, green onions, and peas and toss well to combine. Partially cover the pot and cook until the potatoes are tender, 8 to 10 minutes.
- Taste and adjust the seasonings, adding more curry powder if desired. Serve warm, garnished with cilantro.





# ZUCCHINI VEGGIE NOODLES

Item#: 19612

Size: 2.5 LB / 2 CT



## Pesto Zucchini Noodles with Roasted Tomatoes and Grilled Chicken



### DIRECTIONS:

### INDGREDIENTS:

- 20 oz Zucchini Veggie Noodles
- 1 pint cherry tomatoes, cut in half
- 1 tablespoon oil
- 1 pound boneless skinless chicken breasts
- Salt and pepper to taste
- 1/2 cup basil pesto

Preheat oven to 400°. Toss the tomatoes in oil, salt and pepper, place on a baking sheet in a single layer and roast until they start to caramelize, about 10-15 minutes.

Meanwhile, season the chicken with salt and pepper to taste, grill over medium-high heat, about 3-5 minutes per side. Set aside.

Add zucchini noodles to the pan and cook until tender, about 1-2 minutes, stirring.

Toss the zucchini noodles, tomatoes, and chicken in the pesto and enjoy!



## Stir Fry Zucchini Noodles



### INDGREDIENTS:

- 12 oz Zucchini Veggie Noodles
- 2 tablespoons vegetable oil
- 2 yellow onions, spiralized
- 1 tablespoon low sodium soy sauce
- 2 tablespoons low sodium teriyaki sauce
- 1 tablespoon sesame seeds

### DIRECTIONS:

Heat oil in a wok over medium heat.

Add onions and cook 4 to 5 minutes, or until translucent and tender.

Stir in zucchini and continue to cook for 2 minutes.

Add soy sauce, teriyaki sauce, and sesame seeds; mix and continue to cook for 5 minutes, or until zucchini is tender.

Remove from heat.

Serve.





# Garden Grillers™ Sweet Potato Chips

A delicious blend of crimini mushrooms, red onion, crumbled blue cheese, and spices, this conveniently packed grilling and oven roasting kit is sure to become your favorite topper.

## TO GRILL:

**Preheat** grill to medium-high heat. In a large bowl, **toss** together the sweet potato crinkles, spice blend & olive oil. **Transfer** to a stainless-steel grill topper. **Grill** sweet potato crinkles until tender and golden brown, approximately 4 to 6 minutes per side.

## TO ROAST:

**Preheat** oven to 375 degrees F. In a large bowl, **toss** together the sweet potato crinkles, spice blend & olive oil. **Transfer** to a baking sheet and **oven roast** for 15 to 20 minutes, **turning** half way through, until tender and golden brown.



[indyfruit.com](http://indyfruit.com)



# Garden Cut<sup>®</sup> Chorizo Nachos

## INGREDIENTS:

Garden Cut<sup>®</sup> Pico De Gallo  
1 pound Mexican chorizo, casing removed  
1 (15 oz.) can pinto beans, drained and rinsed  
2 cups shredded Monterey jack cheese  
½ tsp. cumin  
½ tsp. chili powder  
Matilda tortilla chips  
1 cup sour cream  
Garden Cut Hot or Mild Guacamole  
Garden Cut Salsa

## INSTRUCTIONS:

**Preheat** oven to 450 Degrees F.  
**Brown** chorizo in a sauté pan over medium heat, about 6 minutes, stirring occasionally.  
**Drain** the excess fat.  
**Add** the pinto beans, cumin, and chili powder and cook for 2 minutes.  
**On** a large oven proof platter, spread the chips.  
**Top** with the chorizo and bean mixture and then cheese.  
**Bake** in oven until cheese is melted, about 6 minutes.  
**Remove** from oven and top with the Pico de Gallo.  
**Serve** with guacamole, sour cream and salsa.

**Pico De Gallo**

**Item:** 17692

**Size:** 12 oz X 4 ct

**UPC:** 053495069397



**Indianapolis  
Fruit** Distributors of Fruits  
Vegetables & Floral





# BUCATINI WITH BRUSSELS SPROUTS

## INGREDIENTS:

- 1 10 oz. Package of Garden Grillers™ Brussels Sprout kit
- 2 Garden Cut (R) Peeled Shallots, diced
- 2 cloves Garden Cut® Peeled Garlic, minced
- 5 tbsp. olive oil
- ½ pound bucatini
- ¼ cup bread crumbs
- ½ cup freshly grated parmesan
- ¼ cup low sodium chicken broth

## DIRECTIONS:

Cook pasta according to directions on package. Meanwhile, heat 3 tbsp. olive oil in a large sauté pan over medium-high heat.

Add the Brussels sprouts, shallots, and garlic; sauté for 2 minutes. Add chicken broth and bring to a boil.

Reduce heat to medium-low and simmer covered for 7 minutes, until tender.

Remove lid and add spice blend. Heat remaining olive oil in a small sauté pan over medium-high heat.

Add breadcrumbs and cook for 4 minutes. Set aside. Drain the pasta and add to the Brussels sprout mixture.

Remove from heat and add the parmesan; toss to coat. Top with toasted breadcrumbs.

**NEW** Snack Packs and **ToGo™** Snacks from **Garden Cut®**.

Eat **Healthy**. Think **Fresh**.



**Yogurt Parfait Vanilla  
with Mix Apples**

**Item #:** 19366

**Size:** 6.5 OZ / 4 CT

**UPC:** 053495128971



**Yogurt Strawberry  
Pineapple**

**Item #:** 19367

**Size:** 6.5 OZ / 4 CT

**UPC:** 053495128988



**Yogurt Pineapple/  
Mango**

**Item #:** 19368

**Size:** 6.5 OZ / 4 CT

**UPC:** 053495128964



**Apple Cinnamon Crisps**

**Item #:** 19370

**Size:** 6 OZ / 4 CT

**UPC:** 053495128940



**Peanut Butter Apple Crisps**

**Item #:** 19371

**Size:** 6 OZ / 4 CT

**UPC:** 053495128957

# NOTES



Garden Cut is your access to ultra-convenient and deliciously healthy solutions for fresh-cut produce. Garden Cut goes far beyond the basics of fresh-cut fruit or carrot sticks by offering more than 400 staple, contemporary and unique products!

Garden Cut exists to assist you with your hectic schedule. Let Garden Cut take the stress out of meal preparation by providing you with only the freshest meal solutions available. From the time-consuming diced ingredients to apple wedges for all to share and enjoy, Garden Cut is always fresh and ready!



## CONTACT US

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