

POTATOES

Calories: 60, Prepared Potatoes Shelf
Life: 1 Hour



Flavor: Herby, slightly salty, creamy

Ingredients: Potatoes, canola oil, salt, pepper, garlic, thyme

BLACK BEANS

Calories: 45, Prepared Black Bean Shelf
Life: 6 hours



Flavor: Rich and earthy

Ingredients: Black beans, bay leaf

SWEET POTATO NOODLE

Calories: 213, Cooked Japchae Shelf Life:
3 hours



Flavor: Sweet and garlicky soy-based sauce

Ingredients: Sweet potato noodles, carrots, kale, canola oil, garlic, soy sauce, sesame oil, sugar

PURPLE RICE

Calories: 230, Cooked Rice Shelf Life:
Same Day



Flavor: Neutral

Ingredients: Long grain white rice and wild black rice

MARINATED CHICKEN

Calories: 170, Cooked Chicken Shelf Life:
2 Hours (with Sauce),
3 hours (no Sauce)



Flavor: Sweet and savory, soy based sauce

Ingredients: Antibiotic free chicken, soy based
marinade

MARINATED STEAK

Calories: 210, Cooked Steak Shelf Life: 1
hour



Flavor: Sweet and savory, soy based sauce

Ingredients: USDA Choice Steak, soy based
marinade

ORGANIC TOFU

Calories: 170, Cooked Tofu Shelf Life: 1
Hour



Flavor: Spongy and sweet, teriyaki flavor

Ingredients: Organic tofu, teriyaki, sesame seed, green onion

CORN

Calories: 25, Mixed Corn Shelf Life: 24
hours



Flavor: Sweet and juicy with cilantro and jalapeno

Ingredients: Corn, cilantro, jalapeno, salt

CARROT

Calories: 15, Mixed Carrot Shelf Life: 24
Hours



Flavor: Sweet carrot with sesame and cilantro

Ingredients: Carrot, sesame oil, cilantro, salt

RED CABBAGE

Calories: 15, Pickled Cabbage Shelf Life:
12 Hours



Flavor: Crisp cabbage, slightly sweet and sour

Ingredients: Red cabbage, vinegar, sugar, salt

KALE

Calories: 25, Mixed Kale Shelf Life: 6 hours



Flavor: Bitter and sweet, sesame and garlic

Ingredients: Kale, soy sauce, sesame oil, sesame seed, garlic, sugar

EGG

Calories: 40, Prepared Egg Shelf Life: 3 days



Flavor: Light eggy flavor

Ingredients: Egg, salt, canola oil

CHEESE

Calories: 100, Check Product Sticker for Shelf Life



Flavor: Mild and creamy

Ingredients: Monterey jack

KIMCHI

Calories: 20, Check Product Sticker for Shelf Life



Flavor: Crunchy, spicy fermented cabbage

Ingredients: Cabbage, mustard greens, apple, garlic, sugar, carrot, green onion, salt, Gochugaru red pepper, ginger

SUPERGREEN SALAD

Yield	4.5 LBS
Portion Size	4 oz.
Portions Per Batch	18
Cut Greens Shelf Life	4 days

Equipment Involved:

- Large Mixing Bowl
- Scale

Ingredients:

- 2.5 LBS Shredded Napa Cabbage
- 1 LB Shredded Red Cabbage
- 1/2 LB Shredded Carrot
- 1/2 LB Shredded Kale

WHITE RICE

Calories: 280, Cooked Rice Shelf Life:
Same Day



Flavor: Neutral flavor

Ingredients: White rice