



PREMIUM QUALITY

new

Kalettes™

Kale + Brussels Sprouts =

Kalettes



1. Kalettes™ are the first new veggie in more than a decade — a marriage of brussels sprouts and kale to make a super food.
2. They taste great — a fresh fusion of **sweet and nutty**, the perfect blend of Brussels Sprouts and Kale with the best flavors from each.
3. Kalettes™ are easy to prepare and are very versatile.
4. Kalettes™ are not genetically modified — they were bred through traditional hybridization.

PREPARATION

Kalettes™ can be sautéed, roasted, grilled or eaten raw.



- Non-GMO
- Excellent source of Vitamin C
- High in Vitamin K
- Good source of Vitamin B6

SPECIFICATIONS

PACK SIZE	CASE/PALLET	TIE x HIGH	CUBE
6oz Clamshell	152	19 x 8	97.30
2 pound bag	224	14 x 16	98.76





Kalettes™
a fresh fusion of
sweet and nutty

cheesy kalette gratin



*Perfect
holiday
side dish*

Serves: 4 to 6
Prep: 20 min • Cook: 35 min

INGREDIENTS:

- 1 tbsp butter
- 1 ¼ lb **Kalettes™**, sliced lengthwise (about 6 cups)
- 1 large onion, thinly sliced
- 2 cloves garlic, minced
- 2 tsp chopped fresh thyme
- 2 tsp all-purpose flour
- 1 cup grated Gruyère cheese
- ½ cup half and half cream
- ½ cup sour cream
- 1 tbsp Dijon mustard
- ¼ tsp each salt and freshly ground pepper

Bread Crumb Topping:

- ¼ cup fresh bread crumbs
- 2 tbsp melted butter
- 2 tbsp freshly grated Parmesan cheese

DIRECTIONS:

Bread Crumb Topping: Stir bread crumbs with melted butter. Stir in Parmesan; set aside.

Preheat oven to 400°F. In large skillet, heat butter over medium heat; cook **Kalettes™**, onion, garlic and thyme, stirring, for 5 minutes or until onion is softened. Sprinkle flour over top; cook for 2 minutes.

Reduce heat to low. Slowly stir in Gruyère, cream, sour cream and mustard; cook for 2 minutes or until cheese is blended and **Kalettes™** are evenly coated. Season with salt and pepper.

Transfer **Kalettes™** into 8-inch square glass baking dish. Top evenly with Bread Crumb Topping. Bake for 25 minutes or until topping is golden brown and filling is bubbling and heated through.

tips

Four Methods of Cooking Kalettes™

Roast: Roast in a pan or baking sheet in a pre-heated oven at 475° F for 10 minutes.

Sauté: Cook in a large sauté pan for 5 to 7 minutes; cover for increased tenderness.

Grill: Place in a grill basket over medium heat for 10 minutes or until slightly charred.

Raw: Use in salads by slicing or separating into leaves. You can also enjoy Kalettes™ with your favorite creamy dip!

