NEW! Ancient Grains & Kale Blend

NEW! Thai Style Red Quinoa & Vegetable Blend
Good Grains™ Premium Blends feature nutritious whole grains and colorful vegetables in delicious combinations designed to appeal to the palates of today’s health-conscious customers, while our Classic Grains offer perfectly pre-cooked brown and white rice.

- Made with all natural ingredients
- Features seven ancient super grains
- Supplies beneficial nutrients like fiber and vitamins A & C

**Featured Ancient Super Grains**

**AMARANTH**
An ancient South American seed that is easy to digest and has great nutritional value. Intense earthy and nutty flavor.

**BLACK BARLEY**
Considered one of the top five cereal grains in the world, prized for flavor, color and nutritional value. When cooked, black barley has a more vibrant and nutty taste.

**KHORASAN WHEAT**
An ancient grain whose name stems from the fertile crescent in modern-day Iran. Is higher in protein and many minerals compared to modern wheat and has a nutty, buttery flavor.

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NINE GRAIN ORZO
A small pasta that resembles grains of rice, made with nine heart-healthy whole grains. The use of whole grains allows the pasta to maintain its shape and firmness while providing a nuttier flavor.

RED QUINOA
Whole grain complete protein, especially appealing for its vibrant color and slightly earthy flavor.

RED RICE
Red in color due to naturally occurring anthocyanins. The germ has been left intact to provide for a full, nutty flavor.

WILD RICE
A semi-aquatic grass that is one of only two grains native to North America. It has a firm, dense texture, distinct nutty taste and supplies antioxidants.
Premium Blends

- Complex grain and vegetable blends made easy
- No artificial ingredients or flavors
- Meets consumer demands for whole grains and vegan selections

NEW! ANCIENT GRAINS & KALE BLEND
Brown & red rice, kale, red quinoa, black barley, garlic & seasoning
Vegan | 2g Fiber per serving | 4g Protein per serving

<table>
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<tr>
<th>SKU (1807129)</th>
<th>Pack Size (lb.)</th>
<th>Weight Net/Gross (lb.)</th>
<th>Case Dimensions</th>
<th>Case Cube</th>
<th>Cases/Layers</th>
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<td>035046</td>
<td>6/2.5</td>
<td>15/17</td>
<td>13.375” x 12” x 7.125”</td>
<td>0.66</td>
<td>12 x 10</td>
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MORE MENTURING IDEAS FOR ANCIENT GRAINS & KALE BLEND

Mediterranean Stuffed Mushrooms
Portobello Mushrooms stuffed with new Good Grains™ Ancient Grains & Kale Blend, sun-dried tomatoes, feta and cream cheese deliver great flavor and outstanding appeal.

Chicken, Avocado and Feta Wrap with whole wheat tortilla, Ancient Grains & Kale Blend combined with feta and Harvest Fresh™ Avocado Slices with buttermilk ancho pepper dressing

Grilled Kale Salad combined with red onions, Meyer lemons and Ancient Grains & Kale Blend

Sushi Rolls Ancient Grains & Kale Blend with smoked salmon, cucumber and crab
COUSCOUS, RED QUINOA & VEGETABLE BLEND
Israeli couscous, red & brown rice, red quinoa, carrots, tomato, petite peas, bell pepper, shallots, roasted garlic & seasoning
Vegan | 2g Fiber | 4g Protein

SKU | Pack Size (lb.) | Weight Net/Gross (lb.) | Case Dimensions | Case Cube | Cases/Layers
--- | --- | --- | --- | --- | ---
012931 | 6/2.5 | 15/17 | 13.375" x 12" x 7.125" | 0.66 | 12 x 10

EXOTIC GRAINS & FIRE-ROASTED VEGETABLE BLEND
Red & brown rice, black beans, roasted corn, red quinoa, tomato, bell pepper, roasted Anaheim & yellow bell peppers, onion, amaranth, roasted garlic & seasoning
Gluten Free | Vegan | 3g Fiber | 5g Protein

SKU | Pack Size (lb.) | Weight Net/Gross (lb.) | Case Dimensions | Case Cube | Cases/Layers
--- | --- | --- | --- | --- | ---
012948 | 6/2.5 | 15/17 | 13.375" x 12" x 7.125" | 0.66 | 12 x 10

HEARTY GRAINS & WILD MUSHROOM BLEND
Kamut® brand khorasan whole wheat, red & brown rice, crimini & shiitake mushrooms, onion, wild rice, green onion, roasted garlic & seasoning
Vegan | 3g Fiber | 4g Protein

SKU | Pack Size (lb.) | Weight Net/Gross (lb.) | Case Dimensions | Case Cube | Cases/Layers
--- | --- | --- | --- | --- | ---
012955 | 6/2.5 | 15/17 | 13.375" x 12" x 7.125" | 0.66 | 12 x 10

MULTI-GRAIN ORZO, GARBANZO & KALE BLEND
Multi-grain orzo pasta, carrots, garbanzo beans, kale, bell pepper, red quinoa & seasoning
Vegan | 6g Fiber | 5g Protein

SKU | Pack Size (lb.) | Weight Net/Gross (lb.) | Case Dimensions | Case Cube | Cases/Layers
--- | --- | --- | --- | --- | ---
020462 | 6/2.5 | 15/17 | 13.375" x 12" x 7.125" | 0.66 | 12 x 10

MULTI-GRAIN ORZO, RED QUINOA & VEGETABLE BLEND
Multi-grain orzo pasta, broccoli, bell pepper, carrots, brown & red rice, black barley, red quinoa, brown lentils & seasoning
Vegan | 5g Fiber | 4g Protein

SKU | Pack Size (lb.) | Weight Net/Gross (lb.) | Case Dimensions | Case Cube | Cases/Layers
--- | --- | --- | --- | --- | ---
020479 | 6/2.5 | 15/17 | 13.375" x 12" x 7.125" | 0.66 | 12 x 10
NEW! THAI STYLE RED QUINOA & VEGETABLE BLEND

Brown rice, shelled edamame, carrots, bell pepper, red quinoa & Thai style seasoning

Gluten Free | 4g Fiber per serving | 5g Protein per serving

Thai-Style Spicy Short Rib Lettuce Cups
New Good Grains™ Thai Style Red Quinoa & Vegetable Blend mixed with pulled short rib meat and Gochujang Hot Pepper Paste creates a fresh offering that tastes as great as it looks.

MORE MENUING IDEAS FOR THAI STYLE RED QUINOA & VEGETABLE BLEND

Thai Peanut Chicken Salad combines Thai Style Red Quinoa & Vegetable Blend with Thai peanut chicken curry and pomegranates

Green Curry Soup Blend green curry paste with coconut milk and chicken stock and combine with cubed chicken, ginger and Thai Style Red Quinoa & Vegetable Blend

Red Curry and Beef Stew combines sweet potatoes, cubed beef, onions and Thai Style Red Quinoa & Vegetable Blend with Thai red curry sauce, coconut milk, fish sauce and beef broth

SKU (10071179) Pack Size (Lb.) Weight Net/Gross (Lb.) Case Dimensions Case Cube Cases/Layers
035053 6/2.5 15/17 13.375” x 12” x 7.125” 0.66 12 x 10
Classic Grains

• Pre-cooked perfection every serving
• Freezer to plate in 2-3 minutes
• Free-flowing IQF for easy portioning

NEW! IQF BROWN RICE
Brown rice
Gluten Free | Vegan | 4g Protein per serving

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<th>SKU (10071179)</th>
<th>Pack Size (lb.)</th>
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IQF WHITE RICE
White rice
Gluten Free | Vegan | 4g Protein per serving

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Thai-Style Hand Pies
Flaky crust filled with Thai Style Red Quinoa & Vegetable Blend mixed with chicken curry and coconut milk
**Good Grains™ nutrition facts**

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<tr>
<th>Description</th>
<th>SKU</th>
<th>Serving Size</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Sat. Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Total Carb. (g)</th>
<th>Dietary Fiber (g)</th>
<th>Sugars (g)</th>
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