




Go Nuts FOR VALUE!

GREAT RECIPES START HERE.



 **33%**

Percentage of US consumers that say they are snacking more on healthier foods this year compared to last year.

Katy's Kitchen® is the chef's foundation to recipe success.

There isn't much you can't do with our nut varieties in the kitchen. With so many unique forms and functions to choose from, Katy's Kitchen nuts serve up virtually endless possibilities.



Depth of flavor and desirability.

Multiply Profits

When you consider available pack sizes and servings per case, profitability grows with every choice.

Quick Quality

Every pack size is designed to keep nuts fresh and makes handling easier for a wide range of applications.

ALMONDS



HEALTH BENEFITS

Low in calories; high in calcium

OPTIONS

Natural & blanched, sliced & slivered

PROTEIN COUNT

6 grams per serving (about 23 almonds)

STORAGE

Must be stored in airtight containers in cool and dry places

SHELF LIFE

1 year

CASHEWS



HEALTH BENEFITS

Contains 98% of recommended copper intake

OPTIONS

Whole & pieced, oil roasted, salted & unsalted

PROTEIN COUNT

5 grams per serving (about 16 cashews)

STORAGE

Must be stored in airtight containers in cool and dry places

SHELF LIFE

8 months

PEANUTS



HEALTH BENEFITS

Packed with protein; produce sustained energy

OPTIONS

Dry, roasted, salted or granulated

PROTEIN COUNT

7 grams per serving (about 28 unshelled peanuts)

STORAGE

Unshelled should be stored in a cool, dry place, whereas shelled should be placed inside airtight container and kept refrigerated

SHELF LIFE

8 months

PECANS



HEALTH BENEFITS

Great serving of heart healthy fats, similar to those of an avocado or olive oil

OPTIONS

Halves & pieces, fancy, medium

PROTEIN COUNT

3 grams per serving (about 18 pecan halves)

STORAGE

Must be stored in airtight containers and kept refrigerated to protect freshness

SHELF LIFE

1 year



*Source: Datassentials Menu Trends, 2018

PIGNOLIAS

aka: Pine Nuts



HEALTH BENEFITS

Packed with Omega-3 and Omega-6 fatty acids to promote heart health and sharpen brain activity

OPTIONS

Medium raw

PROTEIN COUNT

4 grams per serving (about 23 pignolias)

STORAGE

Must be stored in airtight containers in cool and dry places

SHELF LIFE

1 year

PISTACHIOS



HEALTH BENEFITS

Low-calorie count; Provides boost of fiber which balances digestive systems and curbs appetites

OPTIONS

Shelled raw

PROTEIN COUNT

6 grams per serving (about 49 cashews)

STORAGE

Must be stored in airtight containers in cool and dry places

SHELF LIFE

1 year

WALNUTS



HEALTH BENEFITS

Show decrease in cholesterol and reduce the risk of heart disease and stroke, similar to macadamia nuts

OPTIONS

Halves & pieces

PROTEIN COUNT

3 grams per serving (about 10 walnuts)

STORAGE

Must be stored in airtight containers in cool and dry places

SHELF LIFE

1 year

MIXED NUTS



An extra fancy blend of fresh cashews, almonds, pecans, filberts, and brazil nuts

Roasted to perfection and lightly salted

OPTIONS

With or without peanuts

STORAGE

Must be stored in airtight containers in cool and dry places

SHELF LIFE

8 months

59% of registered dietitians say consumers will choose to "eat clean," by looking to consume foods that are less processed and more whole foods like plant-based proteins such as **nuts and seeds**.*

*Source, Mintel Snacking Motivations & Attitudes, 2017

PISTACHIO LEMON CHEESE BALLS WITH BASIL & OLIVES

Makes 22 cheese balls

INGREDIENTS

6 oz Fair Meadow® Cream Cheese at room temperature

4 oz Cobblestreet MKT.™ Goat Cheese at room temperature

¼ cup chopped fresh basil leaves

1 ½ teaspoons Cobblestreet MKT. garlic

2 teaspoons fresh Meyer lemon zest

¼ teaspoon Katy's Kitchen® Kosher Salt

½ teaspoon Katy's Kitchen Ground Black Pepper

22 Bountiful Harvest® Pitted California Olives

½ cup Katy's Kitchen pistachios, chopped & pistachios



INSTRUCTIONS

1. In a medium bowl, combine all of the ingredients except for the olives and pistachios. Chill the mixture for 30 minutes until firm.
2. Form the mixture into 22 balls. Press the olives into the center of the cheese balls and form them back into balls, completely encasing them in the cheese mixture. Roll the balls in the toasted pistachios to lightly coat them. Chill for at least 2 hours.
3. Let the cheese balls sit at room temperature for about 10 minutes before serving. Serve with toothpicks.



We roast in small batches to achieve optimum flavor and the highest level of quality & consistency

CRUNCHY, CREAMY RICHNESS. DEPTH OF FLAVOR AND DESIRABILITY.

ORIGINALS | USDA Grade A nuts; Low % of blemished or damaged product (varies by nut type); consistent with manufacture brand quality

ITEM #	DESCRIPTION	PACK/FILL	DIST#
NUTS			
14222	Almonds: Sliced, Blanched	3/2 lb	XXXXX
18737	Almonds: Sliced, Blanched	2/2.5 lb	XXXXX
14228	Almonds: Sliced, Natural	3/2 lb	XXXXX
14229	Almonds: Slivered, Blanched	3/2 lb	XXXXX
14234	Cashews: Whole Oil Roasted Salted	3/2 lb	XXXXX
14235	Cashews: Whole Oil Roasted Unsalted	3/2 lb	XXXXX
18738	Cashews: Pieces Oil Roasted Unsalted	2/2.5 lb	XXXXX
14230	Peanuts: Granulated Topping	3/2 lb	XXXXX
14231	Peanuts: Dry Roasted Salted	3/2 lb	XXXXX
14223	Pecans: Halves Fancy	3/2 lb	XXXXX
14225	Pecans: Pieces Fancy Medium	3/2 lb	XXXXX
18739	Pecans: Pieces Fancy Medium	1/5 lb	XXXXX
18740	Pignolias: Medium Raw	1/5 lb	XXXXX
14237	Pistachios: Raw Shelled	3/2 lb	XXXXX
14226	Walnuts: Halves & Pieces	3/2 lb	XXXXX
18741	Walnuts: Halves & Pieces Combo	2/2.5 lb	XXXXX
18742	Walnuts: Medium Pieces Combo	2/2.5 lb	XXXXX
14224	Mixed Nuts: Extra Fancy	3/2 lb	XXXXX
14232	Mixed Nuts: With Peanuts	3/2 lb	XXXXX
SNACK MIX			
14233	Snack Mix: Jalapeno	3/2 lb	XXXXX

FPO
Area for Distributor Info
DO NOT PRINT BOX

PERFECT FOR

-  **Lodging**
-  **Mid-Scale Rest.**
-  **Catering**
-  **Grab & Go**
-  **Bakeries**
-  **Concessions**
-  **Diners**

Spicy Thai Peanut Noodles



INGREDIENTS

- 12 oz spaghetti
- 1 large red bell pepper , sliced into thin strips then cut into 2-inch pieces
- 1 large cucumber , peeled, seeded and sliced into thin strips then cut into-2-inch pieces
- 1 C matchstick carrots
- 3/4 C chopped green onions
- 1/2 C chopped cilantro
- 1/2 C chopped Katy's Kitchen Dry Roasted Salted Peanuts
- Sesame seeds, for garnish

PEANUT SAUCE

- 1/2 C Katy's Kitchen Creamy Peanut Butter
- 1/4 C warm water
- 3 T soy sauce
- 2 T Katy's Kitchen Honey
- 2 T Sriracha (more or less to taste)
- 2 T fresh lime juice
- 1 1/2 T peeled and minced fresh ginger
- 1 T Cobblestreet MKT. Minced Garlic
- 1 T sesame oil

INSTRUCTIONS

Cook spaghetti according to directions listed on package. Meanwhile prepare peanut sauce by combining all sauce ingredients in a mixing bowl, whisking until well blended and smooth. Drain pasta and pour into a large serving bowl. Toss with sauce then add bell pepper, cucumber, green onions, cilantro and peanuts and toss lightly. Sprinkle with sesame seeds and serve.