



orecchiette pasta
with red sauce and
roasted parsnips

INSTRUCTIONS

FROM THAWED:

bake: Preheat oven to 350 degrees F. Remove lids from thawed pasta and parsnips, cover tightly with foil, and bake until hot, 25-40 minutes. Remove from oven; rest, covered, for 5 minutes before serving.

microwave: Remove lids; cover with paper plate. Microwave on High for 3-6 minutes; stir, and microwave until hot, 2-3 minutes more. Rest in microwave for 3 minutes before serving.

DRINK PAIRING

Try a Cabernet Sauvignon to complement red sauce; an IPA is your best choice if you're having a beer.

NOTE

This week you'll see a big bag of salad and an herb viniagrette to enjoy alongside whichever meals you choose.

THANK YOU

Madison Sourdough, Sassy Cow Creamery, Taproot Farms, Elderberry Hill Farms, Riemer Family Farm, Tipi Produce, Crossroads Community Farm, Sartori Cheese.





wild rice soup

Warm soup over medium heat in a saucepan, stirring occasionally, until hot, about 7 minutes. Alternately, heat in microwave on Medium High, stirring every minute, about 4 minutes.
Pop dinner roll into the microwave for just a few seconds to warm.

..... IN YOUR BAG
WILD RICE SOUP
DINNER ROLL
.....

DRINK PAIRING
This creamy soup pairs nicely with a pinot gris. An amber ale is a good choice if you're in the mood for beer.



squash, leek, and cranberry bean risotto

FROM THAWED:

stovetop: Cook and stir risotto with a small amount of water in a saucepan over medium heat until hot, smooth, and creamy, about 10 minutes.

microwave: Remove lid; cover with paper plate.

Microwave on High for 3-6 minutes; stirring every minute or so, and microwave until hot, 2-3 minutes more, adding water if needed.

Rest in microwave for 3 minutes before serving

DRINK PAIRING
We like the idea of the spice in grenache with this risotto, and a nutty brown ale for beer lovers hits just the right note.



maple, pecan, cranberry granola bars

INGREDIENTS:

Red Sauce: Pasta, mushrooms, red bell peppers, tomatoes, carrots, onions, celery, garlic, chili flakes, wine, thyme, salt, pepper.

Soup: Wild rice, celery, carrots, onions, bay leaf, flour, vegetable stock, cream.

Risotto: Leeks, cranberry beans, olive oil, onions, arborio rice, arugula, butternut squash, parsley, sarvecchio cheese, salt and pepper, vegetable stock.

Granola Bars: Egg white, salt, vanilla, coconut oil, brown sugar, maple syrup, dried cranberries, wheat germ, almonds, flaxseed, coconut shavings, pepitas, pecans, oats.

We do our best to prepare meals without gluten, for those who are gluten-free, but please note that we cook in a facility that handles gluten and other potentially allergenic food items, such as eggs, tree nuts, peanuts.