



WILD RICE SALAD

PREP &
COOK TIME

30
MINUTES

IN YOUR BAG

- WILD RICE
- DRIED CRANBERRIES/TOASTED PEPITAS
- PICKLED APPLES
- APPLE-ORANGE VIN
- LACINATO KALE
- BUTTERNUT SQUASH

PAIR WITH CHENIN BLANC OR BOCK

PASTURE AND PLENTY

INSTRUCTIONS

- 1 Preheat oven to 400 degrees F.
- 2 Toss butternut squash with a splash of olive oil; season with salt and pepper. Scatter squash on a baking tray.
- 3 Roast squash in the preheated oven until tender, about 20 minutes.
- 4 Meanwhile, slice kale into strips. Stir roasted squash, kale, wild rice, pickled apples, and apple-orange vinaigrette together with about half of cranberries and pepitas in a bowl; season with salt and pepper.
- 5 Divide salad onto individual serving plates; sprinkle with remaining cranberries and pepitas.



Apple-Orange Vinaigrette: Apple cider, orange juice, orange zest, mustard, sunflower oil, salt, pepper.

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HOW'D IT TURN OUT?



Post your dinner pictures on Facebook or Instagram using the hashtags #pastureandplenty #lessworkmorepicnic #dinnerdone for a chance to get discounts on future orders.



GOUDA GRILLED CHEESE

and tomato-basil soup

PAIR WITH CHENIN BLANC OR AMBER ALE

IN YOUR BAG

GRILLED CHEESE, TOMATO-BASIL SOUP, HERB-WHIPPED BUTTER

Heat soup over medium heat in a saucepan, stirring occasionally, until hot, about 6 minutes. Alternately, heat in microwave on Medium High, stirring occasionally, about 4 minutes.

Smear herbed butter on both sides of sandwich. Heat a skillet over medium heat; place sandwich in skillet and toast until bread is golden and cheese is melted, turning once, about 3 minutes per side.

Cut sandwich in half; pour soup into bowl, and dinner is on!

Grilled Cheese: Madison Sourdough bread, gouda, muenster cheese. **Tomato Soup:** Tomatoes, onions, celery, garlic, white wine, basil, olive oil, herbs and spices. **Whipped Butter:** Heavy cream, herbs, salt and pepper.
Allergens: Wheat, milk

HEIRLOOM CARROTS

This week you'll have heirloom carrots in your bag to serve anytime. Preheat oven to 400 degrees F. Scrub, cut into uniform pieces, and toss with olive oil. Season with salt and pepper, scatter on a baking tray. Roast until tender, 20-20 minutes.

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TBD

AP flour, butter, sugar, eggs, whole milk, vanilla extract, baking powder, salt.
Allergens: Wheat, milk, egg



CHICKEN POT PIE

PRODUCER SPOTLIGHT

We source our ingredients from local producers whenever possible. This week's meal kits feature ingredients from these amazing producers:

Arla Cheese, Madison Sourdough Company, Elderberry Hill,
Riemer Family Farm, Sassy Cow Creamery