



ROASTED PEPPER KALE STRATA

with rosemary breakfast potatoes.

PREP &
COOK TIME

—
30
MINUTES

IN YOUR BAG

- ROASTED PEPPER KALE STRATA
- POTATOES
- ROSEMARY

PAIR WITH A CHENIN BLANC OR IPA

INSTRUCTIONS

- 1 Preheat oven to 350 degrees F.
- 2 Remove lid from conatiner, bake in preheated oven until warmed through, about 25 minutes.
- 3 While strata is baking, cut potatoes into bite sized cubes.
- 4 Place on parchment paper lined baking sheet. Toss with a tablespoon of olive oil and season with salt, pepper, and chopped rosemary. Bake in preheated oven until golden brown, about 15-25 minutes.
- 5 Serve potatoes alongside strata.

Ingredients: Roasted pepper kale strata: Eggs, bread, kale, red onion, peppers, sarvecchio, salt, pepper, seasonings. **Potatoes. Rosemary.**

Contains: *Wheat, milk, egg.*

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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.



WILD RICE SALAD

PAIR WITH A CHENIN BLANC OR BOCK

IN YOUR BAG

WILD RICE
PICKLED APPLES
BUTTERNUT SQUASH
PEPITAS AND DRIED CRANBERRIES
KALE
APPLE-ORANGE VINAIGRETTE

- 1) Preheat oven to 400 degrees F.
- 2) Place butternut squash in an even layer on a baking sheet. Toss with 1 tablespoon of olive oil, season with salt and pepper. Roast in preheated oven until tender, about 20 minutes.
- 3) Meanwhile slice kale into strips, avoiding the thick stem.
- 4) 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 into individual bowls, top with remaining pepitas and cranberries.

Ingredients: Wild rice salad: Wild rice, butternut squash, lacinato kale, dried cranberries, pepitas. **Pickled Apples:** Apples, sugar, apple cider vin, salt, seasonings. **Apple-orange vinaigrette:** Apple cider, orange juice, orange zest, mustard, sunflower oil, salt, pepper.



VEGETABLE NOODLE SOUP

Ingredients: Sweet Potatoes, onions, carrots, celery, noodles (semolina (wheat), enriched durum wheat flour), vegetable stock, garlic, spices, salt.
Contains: Wheat.

BROWN BUTTER CHOCOLATE CHIP COOKIE DOUGH

Bring dough to room temperature. Flatten into discs. Preheat oven to 350 degrees F. Bake in preheated oven for 8-10 minutes, until golden brown.

Ingredients: AP flour, sugar, brown sugar, butter, eggs, chocolate chips, vanilla, salt.
Contains: Egg, milk, wheat.

NEED A WEEK OFF? NO PROBLEM!

We just need to know at least one week ahead of time so that we can plan our meal production accordingly.
Last minute change? Share your meal kit with a friend for the week!

PRODUCER SPOTLIGHT

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

*Elderberry Hill Farms, Riemer Family Farm,
5th Season Co-Op, Sassy Cow Creamery,
Sartori Cheese, Raleigh's Hillside Farm.*

Safe Handling Instructions: Please keep all meal kit ingredients* refrigerated or frozen until ready to use, unless otherwise marked. Reheat all frozen or prepared foods to a safe temperature of 165 degrees F and cook proteins to temperatures as noted in recipe instructions. Enjoy your cook kit, ready-to-eat and thawed farm-to-freezer meals within 5 days.

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness

*Exceptions include baked goods like dinner rolls and vegetables that hold at room temperature, like whole tomatoes and squash.