

DATE: APRIL 20, 2020 | VEGETARIAN

HOORAY, IT'S MONDAY!

Surprise! This week's bag is coming with the latest edition of Edible Madison. If you've never picked up a copy before, you're in for a treat. Dedicated to local, Wisconsin fare, it's got recipes, articles and more good reasons to support and advocate for a resilient local food system. Enjoy!

garden vegetable couscous
with cauliflower meatballs and
scallion-mint yogurt sauce

**black-eyed pea and
greens soup**

**mushroom and kale
lasagna**

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

Enos Farms
Pinn-Oak Ridge
Vitruvian Farms
Winterfell Acres
Sartori Cheese
Sassy Cow Creamery
Elderberry Hill Farm

EXTRA GOODNESS
**peanut butter and
strawberry jam bar**

Ingredients: Peanut butter crust: peanut butter, brown sugar, vanilla extract, water, baking powder, salt, oat flour, peanuts. Strawberry Jam: Strawberries, honey, sugar, apple pectin.

Contains: Nuts.

① THE COOK KIT

garden vegetable couscous

with cauliflower meatballs and scallion-mint yogurt sauce

PREP &
COOK TIME

25
MINUTES

IN YOUR BAG

Cauliflower
Meatballs

Garden Vegetable
Couscous

Scallion-Mint
Yogurt Sauce

PAIR WITH

The Whole
Shebang!
Zinfandel Blend
or
Bell's Two Hearted
IPA

- 1 Preheat oven to 375 degrees F. Place meatballs (they are precooked) in a shallow baking dish; cover with foil.
- 2 Reheat in the preheated oven until heated through, about 20 minutes. Alternately, remove lid and cover with plate or paper towel; microwave on High until heated through, 3-8 minutes.
- 3 Stir couscous; divide onto individual serving plates. Top couscous with meatballs and drizzle with yogurt sauce.

Cauliflower meatballs: Cauliflower, brown rice, quinoa, oat flour, eggs, spices, salt. **Couscous :** Couscous, squash, peas, bell peppers, scallions, feta cheese, spices, olive oil, salt. **Yogurt Sauce:** Yogurt, scallions, mint, lemon juice, salt

Contains: Milk, egg, wheat.

② READY-TO-EAT

black-eyed pea and greens soup

Warm 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.

Add dressing to shaved carrot salad, replace lid, and shake to dress carrots. Divide into equal portions.

Ladle soup into bowls and serve with carrot salad.

Black-Eyed Pea and greens soup: Onion, carrot, celery, black eyed peas, chard, spinach, poblano peppers, jalapeno, garlic, vegetable stock, tomatoes, herbs, spices, salt and pepper. **Shredded Carrot Salad:** Shredded carrots and herbs **Lemon Dressing:** Sunflower oil, lemon juice, honey, dijon, cumin, salt.

③ FARM-TO-FREEZER

mushroom kale lasagna

See label for reheating instructions.

Kale mushroom lasagna: Kale, mushrooms, onions, vegetable stock, whole milk, ap flour, lemon, olive oil, pasta sheets [Semolina (durum wheat, niacin, iron, thiamine, mononitrate, riboflavin, folic acid)], filtered water, egg, salt, garlic, ricotta, parmesan cheese, herbs, seasonings, mozzarella cheese.

Contains: Milk, egg, wheat.