

DATE: MAY 18, 2020 | VEGETARIAN

HOORAY, IT'S MONDAY!

The thrills (and chills) of Spring mean we have been holding our breath with a question...in a whisper, because if we are too loud, we may scare it back under ground, "IS THE FIRST ASPARAGUS HERE!?!". Great news, folks, the overnight frost couldn't do her in. Local asparagus has arrived. We hope you are as excited about it as we are.

asparagus pizza kit
with caramelized onion lemon ricotta
and arugula

lemony lentil soup
with pita and roasted kale

red coconut curry tofu
with brown rice

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

Elderberry Hill Farms
Marr's Valley View Farm
Marshview Farm
Winterfell Acres
Sassy Cow Creamery
Sartori Cheese

EXTRA GOODNESS

cranberry blood orange scones

Preheat oven to 350°F. Place frozen scones on baking sheet and bake for 10 minutes, rotate pan and bake for 8-10 minutes more

Ingredients: AP flour, butter, milk, buttermilk, egg, dried cranberries, sugar, blood orange zest, baking powder, salt, vanilla bean.

Contains: Wheat, egg, milk.

① THE COOK KIT

asparagus pizza kit

with caramelized onion lemon ricotta and arugula

PREP &
COOK TIME

25
MINUTES

IN YOUR BAG

Pizza Dough

Asparagus

Caramelized

Onion

Lemon Ricotta

Arugula

PAIR WITH

Scaia Garganega/

Chardonnay

or

Giant Jones Pale

Weizenbock

German Style

Wheat Ale

- 1 Preheat oven to 425°F
- 2 Slice asparagus thinly, toss to coat with olive oil and salt.
- 3 With floured hands and work surface stretch pizza crust into desired size pie. Crust should be thin with slightly thicker edge.
- 4 Layer caramelized onion lemon ricotta and asparagus on pizza dough.
- 5 Bake in the preheated oven until crust is golden brown and cheeses are melted, 12 - 20 minutes.
- 5 Remove from oven; sprinkle with arugula, and slice with a large knife or pizza cutter.

Pizza Dough: Water, flour, yeast, salt.

Caramelized Onion Lemon Ricotta: Ricotta, red onion, balsamic vinegar, sugar, thyme, lemon, salt, pepper

Asparagus. Arugula.

Contains: Wheat, milk.

② READY-TO-EAT

lemony lentil soup

with pita, roasted kale and green garlic yogurt sauce

Preheat oven to 350°F. Tear kale leaves off of stem and into larger than bite sized pieces. Toss with olive oil and sprinkle of salt. Place kale on baking sheet in single layer. Roast in oven for 15 minutes.

While kale is roasting reheat soup with a splash of water in a saucepan over medium heat until hot. 8-10 minutes. Put pita in oven for last 4 minutes of kale's bake time.

Portion soup into bowls, garnish with yogurt sauce and kale. Serve with pita on side.

Lemon Lentil Soup: Onion, leek, yellow lentil, vegetable stock, turmeric, cumin, mustard seed, lemon salt, pepper, red wine vinegar

Green Garlic Yogurt Sauce: Greek yogurt, green garlic, olive oil, salt, pepper, vinegar

Pita: see package. (Contains: Wheat, soy.)

Kale

Contains Wheat, milk, soy.

③ FARM-TO-FREEZER

red coconut curry tofu

with brown rice

See label for reheating instructions and ingredients

GET IN TOUCH

2433 University Avenue

608.665.3770 • pastureandplenty.com

M 3:30pm-7:30pm T-F 11am-7pm

SAT 9am-1pm