

DATE: JUNE 1, 2020 | VEGETARIAN

HOORAY, IT'S MONDAY!

Early summer eating at its finest, Friends! Each week we are watching how the rain and sun balance and checking with our farmers to hear how things are in the fields. We are making plans for planting more veggie goodness to harvest later in the summer and Fall just for your table. Any favorites? Let us know!

roasted vegetables
with asparagus and lemon risotto

**Swiss chard, leek, herb
and ricotta tart**

caldo verde
(Portuguese green soup)

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

Bering Bounty
Elderberry Hill Farm
Winterfell Acres
Vitruvian Farms
Sartori Cheese
Jones Dairy Farm

EXTRA GOODNESS

**peanut butter
cookie dough**

preheat oven to 350°F. Flatten thawed dough into discs. Bake for 10-12 minutes, until golden brown.

Ingredients: Peanut butter, brown sugar, rice flour, buckwheat flour, water, vanilla extract, baking powder, and salt.

Contains: Nuts, wheat.

① THE COOK KIT

roasted vegetables

with asparagus and lemon risotto

PREP &
COOK TIME

30
MINUTES

—
IN YOUR BAG

Oyster Mushroom

Cauliflower

Asparagus

Risotto

Roasted Shallot

Tarragon

Compound Butter

—
PAIR WITH

a light beer or
wine, such as
Goodcity Brewing
Good City Pils

or

Desperada
Fragment
Sauvignon Blanc.

- 1 Preheat oven to 400°F. Snap woody ends off of asparagus stalks.
- 2 Keep mushrooms, cauliflower and asparagus separate but toss all with olive oil, salt and pepper.
- 3 Place mushrooms and cauliflower on a sheet tray and roast in the oven for 8 minutes.
- 4 Toss and rotate roasting vegetables and add asparagus to tray. Roast for 12 minutes more.
- 5 Gently reheat risotto with up to 1/2 cup of water, stirring often until warm, bubbly and starting to get sticky.
- 6 Divide risotto onto plates, top with roasted vegetables.
- 7 Lastly place compound butter onto hot salmon, let melt slightly and enjoy.

Compound Butter: Unsalted butter, shallot, garlic, tarragon, lemon, salt, pepper **Lemon Risotto:** Arborio rice, vegetable stock, onion, butter, olive oil, lemon, salt, pepper. **Oyster Mushroom. Asparagus. Cauliflower.**
Contains: Milk.

② READY-TO-EAT

Swiss chard, leek, herb and ricotta tart

with greens
and citrus vinaigrette

Preheat oven to 375°F.

Bake tart in the preheated oven until warmed through, 15-25 minutes.

Shake vinaigrette; toss with greens to serve alongside tart.

Vegetable Tart: AP flour, butter, water, salt, Swiss chard, yellow onion, celery, spinach, spring garlic, asparagus, olive oil, garlic, leeks, chili flakes, salt, pepper, ricotta cheese, sarvecchio cheese, thyme, parsley, rosemary, lemon, eggs.

Citrus Vinaigrette: Citrus, Dijon mustard, shallot, olive oil, salt, pepper.

Greens.

Contains Wheat, milk.

③ FARM-TO-FREEZER

Caldo Verde and Parker House rolls

See label for reheating instructions
and ingredients

GET IN TOUCH

2433 University Avenue
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M 3:30pm-7:30pm T-F 11am-7pm
SAT 9am-1pm