

HOORAY, IT'S MONDAY!

Can you believe July is almost here?! We hope you enjoy the tinga nacho fun and breakfast for dinner we have planned. It is always fun to shake things up a bit on holiday weeks. Look for strawberry news to come! We are making plans with a farm to make sure you get all the berries you need for the 4th and beyond.



summer nacho kit with spiced sweet potato



French toast casserole with vegetable hash and maple cinnamon butter



shakshuka with roasted potatoes, goat cheese and herbs



PRODUCER SPOTLIGHT

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

- Blue Farms
- Elderberry Hill Farms
- Vitruvian Farms
- Winterfell Acres
- Crossroads Community Farm
- Madison Sourdough Co.

EXTRA GOODNESS cinnamon struesel banana muffins

Ingredients: Banana, sugar, ap flour, butter, egg, rye flour, maple syrup, vanilla extract, baking soda, salt, cinnamon, brown sugar, rolled oats, salt.

Contains: *Wheat, egg, milk.*

WEEKLY MENU

Find our weekly menu and notes under "Kitchen Notes" on our website.

SHARE THE LOVE

We love to see how your dishes turned out. Please tag us in your photos and use the hashtag #pastureandplenty. Don't forget, you can always add extra servings or items from our deli or farm-to-freezer case. Check our website to see the current inventory.



① THE COOK KIT
summer nacho kit
with spiced sweet potato

PREP &
COOK TIME

15
MINUTES

IN YOUR BAG

Tortilla Chips

Pickled Jalapeño
and Radish

Zucchini

Cheese Blend

Spiced Sweet
Potato

Corn and Black
Bean Salsa

Cilantro Lime
Crema

PAIR WITH

the citrusy pop of
The Desperada
Fragment
Sauvignon Blanc
or try Ale
Asylum's
Ambergeddon

- 1 Preheat grill or pan over medium heat the zucchini. Preheat oven to 400 degrees F.
- 2 Slice the zucchini lengthwise, sprinkle with salt, pepper and a drizzle of olive oil. Grill or cook the zucchini in the pan, cut side down until beginning to char.
- 3 When zucchini cools, cut into bite sized pieces.
- 4 Assemble the nachos on a sheet tray or in a cast iron skillet. Layer chips, black bean salsa, sweet potato, then zucchini. Place in oven until all components are warm, 6-8 minutes.
- 5 Top the nachos with the cheese blend and cook for an additional 6-8 minutes, until the cheese is melted and bubbly.
- 6 Remove the nachos from the oven, top with pickled jalapenos and radish and a dollop of cilantro lime crema, enjoy.

Pickled Jalapeño and Radish: Radish, jalapeño, white distilled vinegar, water, sugar, bay leaf, juniper berry, chile de árbol, peppercorns. **Cheese Blend:** Chihuahua cheese (pasteurized milk, salt, enzymes, culture, potato starch and powdered cellulose), cheddar cheese (cultured pasteurized milk, salt, enzymes, annatto).

Spiced Sweet Potato: Sweet potato, cumin, coriander, paprika, cayenne, brown sugar, salt, pepper. **Corn Black Bean Salsa:** Black bean, corn, red onion, red pepper, cilantro, lime, salt, pepper. **Cilantro Lime Crema:** Sour cream (cultured milk and cream, contains less than 2% of: whey, corn starch-modified, sodium phosphate, guar gum, carrageenan, sodium citrate, carob bean gum, potassium sorbate), milk, lime, cilantro, salt. **Zucchini.**

Tortilla Chips: See package for ingredients.

Contains: Milk.

② READY-TO-EAT

**French toast
casserole**
with fruit compote,
vegetable hash
and cinnamon maple butter

Preheat oven to 350 degrees F. Form sausage into desired number of patties.

Cover french toast casserole with foil and bake until heated through, 20-50 minutes, depending on number of servings.

Cook vegetable hash in a large pan with a splash of olive oil, salt and pepper. Hash is done with the kale is wilted, asparagus is cooked and everything is heated through.

When french toast is hot remove from oven, divide onto plates with sausages. Top with maple cinnamon butter and serve with strawberry rhubarb compote.

French Toast Casserole: Brioche (flour, butter, sugar, eggs, milk powder, yeast), eggs, cream, brown sugar, pecans, cinnamon, nutmeg, vanilla, salt.

Vegetable Hash: Spiced Tempeh (cultured organic soybean, water, organic white rice) smoked paprika, pepper, salt, brown sugar, olive oil), asparagus, kale, potato, salt, pepper, olive oil.

Whipped Cinnamon Maple Butter: Butter, maple syrup, cinnamon, salt, cream.

Strawberry Rhubarb Compote: Rhubarb, strawberries, white sugar, brown sugar, butter, vanilla, lemon.

Contains Wheat, milk, egg, soy, nuts.

③ FARM-TO-FREEZER

shakshuka with roasted
potatoes, goat cheese and
herbs

See label for reheating instructions
and ingredients



We are a local meal kit service, restaurant, deli and event space serving Wisconsin-grown goodness for breakfast & lunch Tues - Fri, weeknight dinner, Friday fish fry, Saturday brunch and Sunday workshops and community events.

GET IN TOUCH

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