

# PASTURE AND PLENTY

NOVEMBER 21, 2022 | VEGETARIAN

## HOORAY, IT'S MONDAY!

Happy Thanksgiving week, y'all! With a traditional turkey feast in the mix this week, we wanted to send meals that would be a change of pace! Look for a spiced roasted tofu and squash dinner topped with a vibrantly green, herby sauce, a Mexican black bean soup from Milpa with cruncy refreshing slaw, and a creamy baked penne pasta! Add in some triple chocolate cookie dough as a break from pie overload and the week is looking good!



**roasted tofu and squash with sesame and fennel seed, rice pilaf and sauce verte**



**Milpa's Mexican black bean soup with jalapeño Chihuahua cheese, ancho pepitas and slaw**



**baked penne with roasted eggplant, spinach and sarvecchio besciamella**



### PRODUCER SPOTLIGHT

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

Happy Valley Farm

Winterfell Acres

Vitruvian Farms

Milpa

Sartori Cheese

Saffi Saana

Reimer Family Farm

### EXTRA GOODNESS

## triple chocolate cookie dough

Instructions: Bring dough to room temperature. Preheat oven to 325°F. Place cookies on a parchment-lined or greased cookie sheet. Bake in preheated oven for about 10 to 12 minutes until golden, rotating halfway through for an even bake.

Ingredients: Chocolate, white chocolate chips, butter, sugar, ground coffee, sea salt, cocoa powder, vanilla, egg, ap flour, baking soda, baking powder

*Contains: Chocolate, egg, dairy, wheat*

### 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

## roasted tofu and squash

with sesame and fennel seed, rice pilaf and sauce verte

PREP &  
COOK TIME

45  
MINUTES

IN YOUR BAG

Tofu

Squash

Rice Pilaf

Sauce Verte

Spice Mix

PAIR WITH

the fresh and  
fruity Populis 'Re-  
versée' 2021 Red  
Blend  
or  
the slightly bitter  
and citrusy Future  
Tense IPA from  
Working Draft

- 1 Preheat oven to 425°F. Trim and discard the ends of the squash, and halve the squash lengthwise. Scrape out and discard the seeds and pulp (feel free to peel if desired), then slice ¾-inch thick. Place slices in a large mixing bowl.
- 2 Pat the tofu slabs dry with clean paper towels and add them to the squash. Add a few tablespoons of olive oil and your spice mixture to the squash and tofu. Season with salt and toss to coat evenly.
- 3 Spread the squash in a single layer on a large rimmed sheet pan. Place the chicken thighs skin-side up on top of the squash and roast until the internal temperature of the chicken reaches 165°F and the skin of the chicken and the squash turns golden brown, at least 30 minutes. Let rest for 5 minutes.
- 4 Spread the squash in a single layer on a large rimmed sheet pan. Mingle the tofu slabs amidst the squash and roast until the edges of the tofu and the squash turns golden brown, at least 30 minutes.
- 5 Plate rice pilaf, top with roasted squash and tofu, and drizzle sauce verte on top. Enjoy!

**Squash:** Honeynut and/or Delicata **Rice Pilaf:** Long grain jasmine rice, golden raisin, onion, garlic, salt, scallion, parsley **Sauce Verte:** Olive oil, garlic, lemon, shallot, salt, dill, basil, parsley, cilantro, tarragon **Spice Mix:** Coriander, fennel seed, black sesame, white sesame, chipotle powder, salt, pepper **Tofu:** Water, soybean, calcium sulfate

*Contains: Soy, Sesame*

② READY-TO-EAT

## Milpa's Mexican black bean soup with jalapeño Chihuahua cheese, ancho pepitas and slaw

Reheat soup with a splash of water in a sauce pan over medium-low heat until hot, about 6 to 8 minutes.

Give slaw a stir to redistribute the dressing.

Portion soup into bowls; garnish with cheese and pepitas. Serve slaw alongside and dig in!!

**Milpa's Black Bean Soup:** Black beans, onion, tomato, carrot, cilantro, jalapeño, garlic, cumin, spices (including cinnamon), salt, black pepper **Chihuahua Cheese:** Pasteurized milk, enzymes, salt, dried chiles **Spiced Pepitas:** Pepitas, salt, chili powder **Slaw:** Green cabbage, red radish, lime, scallion, cilantro, salt, sugar

*Contains: Cinnamon/nutmeg, milk (optional)*

③ FARM-TO-FREEZER

## baked penne with roasted eggplant, spinach and sarvecchio besciamella

See label for 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