

# PASTURE AND PLENTY

JULY 10, 2023 | VEGETARIAN

## HOORAY, IT'S MONDAY!

Summer's sweeter-than-sweet cherry tomatoes are starting to roll in and we are more than ready! We snapped up as many as we could find from our farm partners and we're loading up the meal kit with them! Look for: a summery pasta with burst cherry tomatoes, zucchini and herbed ricotta; a galette full of mozzarella and roasted cherry tomatoes and summer squash; and our fan-favorite cherry tomato ragù over creamy, lemony polenta. Tomato lovers unite! :)

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**Sal's pasta with zucchini, cherry tomatoes, herbed ricotta and braised white beans**

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**Tart's summer vegetable and mozzarella galette with greens and double mustard vinaigrette**

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**cherry tomato, onion and roasted summer squash ragù over lemony goat cheese polenta**



### PRODUCER SPOTLIGHT

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

Sal's Tomato Pies  
Winterfell Acres  
Vitruvian Farms  
Elderberry Hill Farm  
Tart  
La Cosecha  
Montchevre  
Saffi Saana

### EXTRA GOODNESS

**brown butter chocolate chip cookie dough**

Instructions: Bring dough to room temperature. Preheat oven to 350°F. Place cookies on parchment-lined or greased cookie sheet and flatten to ~1/2" thick rounds. Bake in preheated oven for ~10-12 minutes until golden, rotating halfway through for an even bake.

Ingredients: AP flour, sugar, brown sugar, butter, eggs, chocolate chips, vanilla, salt

Contains: Milk, wheat, egg, chocolate

### 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

Sal's pasta with zucchini, cherry tomatoes, herbed ricotta and braised white beans

PREP & COOK TIME

30 MINUTES

IN YOUR BAG

Sal's Pasta

Herbed Ricotta

Braised White Beans

Pesto

Vegetable Bag

PAIR WITH

the crisp and lively Sylvain Miniot Saint-Pourçain Rosé or the balanced and crisp New Glarus Moon Man No Coast Pale Ale

- 1 Remove the vegetables from their bag. Rinse and dry the zucchini, radish, kale and cherry tomatoes. Slice the ends off the zucchini and slice into 1/4-inch thick coins, peel and slice the radish thinly, then de-stem and roughly chop the kale.
- 2 Heat a few tablespoons of olive oil in a large sauté pan over medium-low heat until just beginning to shimmer in the pan. Add zucchini and radish to pan, season with salt and pepper, and cook, stirring occasionally to prevent from sticking, about 5 minutes. Add the cherry tomatoes and kale and cook until the tomatoes burst, about 5 more minutes.
- 3 Meanwhile, bring a large pot of salted water — salty like the sea — to a boil over high heat; drop in pasta and cook until tender with a bite, about 3 minutes. Drain pasta, reserving a cup or so of pasta cooking water; set aside.
- 4 Warm white beans in a small saucepan over low heat until heated through, about 5 minutes.
- 5 Add cooked pasta to the sauté pan with the vegetables and turn heat to medium-high. Add some of the cooking water (1/4 to 1/2 cup), then the ricotta, stirring to distribute. Check seasoning and adjust. Cook for 1 minute more. Mixture should look creamy. Add a little more pasta water if necessary. Add the pesto and quickly stir to incorporate.
- 6 Spoon pasta onto individual serving plates; top with warmed white beans. Enjoy!

**Pasta:** Semolina (wheat, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water **Ricotta:** Ricotta, garlic scape, scallion, rosemary, thyme, parsley, chive, lemon, olive oil salt **White Beans:** White bean, water, oregano, thyme, rosemary, parsley, chive, salt, red chili flake, lemon **Pesto:** Spinach, pepitas, parmesan (milk, salt, culture, enzyme) canola oil, arugula, basil, red wine vinegar, lemon, garlic, salt, pepper **Vegetables:** Zucchini, cherry tomatoes, kale, radish

Contains: Milk, wheat

② READY-TO-EAT

Tart's summer vegetable & mozzarella galette with greens and vinaigrette

Preheat oven to 375°F. Place frozen galette on parchment lined baking sheet and bake until filling is bubbling and the crust is golden brown, about 45 to 50 minutes. Remove from oven and let cool for 5 minutes before slicing and serving.

Meanwhile, toss mixed greens with desired amount of vinaigrette. Plate salad next to sliced galette. Enjoy!

**Galette:** Unbleached enriched hard wheat flour (wheat flour, malted barley flour, niacin [vitamin B3], reduced iron, thiamin mononitrate [vitamin B1], riboglavine [vitamin B2], folic acid), hard white whole wheat flour, sugar, kosher salt, butter (pasteurized cream, natural flavoring), zucchini, summer squash, bell pepper, cherry tomato, onion, mushroom, fresh herbs, garlic scapes, red pepper flake, mozzarella (pasteurized milk, cheese cultures, salt, enzymes) **Vinaigrette:** Canola oil, dijon mustard, apple cider vinegar, honey, spring garlic, shallot, mustard seed, salt, thyme, turmeric, allspice **Greens**

Contains: Mushroom, wheat, milk

③ FARM-TO-FREEZER

cherry tomato, onion and roasted summer squash ragù over lemony goat cheese polenta

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