

# PASTURE AND PLENTY

JANUARY 8, 2024 | VEGETARIAN

## HOORAY, IT'S MONDAY!

Get excited for a delicious line-up of meals this week! Look for: a sheet-pan feast of creamy roast squash, filled with a warming combination of cinnamon, ginger and marjoram flavoring buttery-soft chickpeas in a rich tomato sauce with a topping of tangy yogurt; a substantial, satisfying meal of classic mushroom barley soup with thick slices of MScO miche for dunking; and then everyone's favorite spanikopita-style baked pasta with greens and feta!



**roasted squash with tomato ginger chickpeas and yogurt sauce**



**mushroom barley soup with Madison Sourdough miche**



**baked spanikopita-style pasta with greens and feta**



### PRODUCER SPOTLIGHT

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

Saffi Saana  
Driftless Organics  
Winterfell Acres  
Madison Sourdough Co.  
Vitruvian Farm  
Elderberry Hill Farm  
Sassy Cow Creamery  
Sartori Cheese

### EXTRA GOODNESS

## SunButter puppy chow

Instructions: Store at room temperature for up to one week or in the freezer for up to one month. Enjoy!

Ingredients: Crispix (rice, milled corn, sugar, contains 2% or less of salt, molasses, brown rice syrup, baking soda, turmeric extract color), SunButter (roasted sunflower seed, sugar, salt), butter, powdered sugar, vanilla extract, salt

Contains: *Milk, 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

**roasted squash** with tomato chickpeas and yogurt sauce

PREP & COOK TIME

60 MINUTES

IN YOUR BAG

- Squash
- Tomato Ginger Chickpeas
- Yogurt Sauce
- Arugula
- Lemon Olive Oil Dressing

PAIR WITH

the complex and juicy American Wine Project "Social Creature" Sabrevois Rosé or with the light and crisp To Those Who Wait Czech-Style Pilsner from Working Draft

- 1 Preheat the oven to 425°F. Carefully cut each squash in half lengthwise through the stem, removing the stem if still attached. Scoop out and discard the seeds. Score the flesh of the squash, making 1/2-inch deep cuts through it one way and then the other in a checkerboard pattern. Place the squash halves on a sheet pan, cut-side up. Brush each squash generously with olive oil and sprinkle with salt and pepper.
- 2 Roast the squash in the preheated oven until the flesh is very tender when pierced with a knife, 45 to 50 minutes.
- 3 Remove the squash from the oven, heap the tomato-ginger chickpeas on top of each half. Return the pan to the oven and cook for 5 to 10 minutes until the chickpeas are heated through.
- 4 Meanwhile, toss the arugula with the lemon olive oil dressing (to taste) and season with salt and pepper.
- 5 Transfer the squash and chickpeas to each plate, then top with some of the yogurt sauce. Serve the lemony arugula and remaining yogurt alongside. Enjoy!

**Tomato Ginger Chickpeas:** Garbanzo bean, tomato, onion, ginger, garlic, marjoram, salt, lemon, pepper, olive oil **Yogurt Sauce:** Greek yogurt, heavy cream, lemon, pepper, salt **Lemon Olive Oil Dressing:** Olive oil, lemon **Squash, Arugula**

*Contains: Milk (optional)*

② READY-TO-EAT

**mushroom barley soup** with Madison Sourdough miche

In a saucepan, warm soup over medium heat until hot, stirring occasionally, about 6 minutes. Alternatively, heat in microwave on Medium High, stirring occasionally, about 4 minutes.

Pop miche into the microwave or toaster oven for just a few seconds to warm.

Ladle soup into individual bowls, serve warm bread alongside and dig in!

**Mushroom Barley Soup:** Vegetable stock, barley, carrot, onion, celery, turnip, parsnip, oyster mushroom, leek, fennel, kale, salt, pepper, red wine vinegar, cumin, coriander, paprika **Miche:** Flour, water, salt **Arugula**

*Contains: Wheat, mushroom*

③ FARM-TO-FREEZER

**baked spanikopita-style pasta** with greens and feta

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, Saturday brunch and Sunday workshops and community events.

GET IN TOUCH

2433 University Avenue  
608.665.3770 • [pastureandplenty.com](http://pastureandplenty.com)

**M** 3:30pm-7:30pm **T-F** 11am-7pm  
**SAT** 9am-2pm