

PASTURE AND PLENTY

MAY 5, 2025 | VEGETARIAN

HOORAY, IT'S MONDAY!

We're excited to share another source for locally-made tortillas with you this week! Tortillas Los Angeles is a Madison-based family-run farm and tortilleria. The Flores family starts from the beginning, with the non-gmo organic corn seed that they plant, grow, harvest, shuck, dry, nixtamalize and stone-grind into corn flour! They then make masa using their own corn flour, presing it into delicious, high-quality tortillas, including all 1,617 tortillas for your meal kits!



sheet pan taco kit with roasted sweet potato, corn and black beans



Italian chopped salad with crispy chickpeas



three cup tofu and vegetables with brown rice



PRODUCER SPOTLIGHT

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

Tortillas Los Angeles

Saffi Saana

Winterfell Acres

Vitruvian Farms

Elderberry Hill Farm

Tipi Organics

Cattail Organics

EXTRA GOODNESS

lemon poppy seed muffin

Instructions: Store at room temperature and enjoy within 3 days. Best enjoyed briefly warmed up in a microwave or toaster oven and slathered with butter.

Ingredients: Ap flour, buttermilk, sugar, oil, egg, lemon juice, fine cornmeal, poppy seeds, lemon zest, baking powder, salt, vanilla, baking soda.

Contains: Wheat, milk, egg.

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

sheet pan taco kit with roasted sweet potato, corn and black beans

PREP &
COOK TIME

40
MINUTES

IN YOUR BAG

Los Angeles
Tortillas

Black Bean &
Vegetable Mix

Shredded
Cheese

Roasted Tomato
Guajillo Salsa

Creamy Cilantro
Slaw

PAIR WITH

the spicy FUSO
Cala Bianco
Terre Siciliane
or
the malty Pale
Weizenbock
from Giant
Jones

- 1 Preheat oven to 425°F.
- 2 Add a splash of oil to a large sheet pan and use a single tortilla to smear the oil around. Add the remaining tortillas, spacing them out evenly. Divide the cheese among the tortillas, then top with the roasted squash, corn and black beans.
- 3 Bake the tacos until the cheese is melted, about 5 minutes, then remove the pan from the oven. Using a spatula, fold each tortilla over itself to make half moons. Sprinkle with salt and return to the oven until crispy and lightly browned at the edges, 3 to 5 minutes.
- 4 While the tacos are cooking, give the slaw a toss to redistribute the dressing.
- 5 Serve crispy tacos immediately with roasted tomato guajillo salsa and creamy cilantro lime slaw alongside. Enjoy!

Los Angeles Tortillas: See kitchen notes email **Black Bean & Vegetable Mix:** Black bean, sweet potato, corn, salt, lime juice, cilantro, cumin, guajillo chillie, pasilla, ancho, paprika **Shredded Cheese:** Cheddar (pasteurized milk, cheese culture, salt, enzymes, annatto), monterey jack (pasteurized milk, cheese culture, salt, enzymes), mozzarella (pasteurized milk, cheese culture, salt, enzymes) **Roasted Tomato Guajillo Salsa:** Fire roasted tomato, guajillo, garlic, water, salt, pepper, onion, apple cider vinegar, cayenne, smoked paprika **Creamy Cilantro Slaw:** Red cabbage, napa cabbage, green cabbage, carrot, mayonnaise, sour cream, lime juice, cilantro, coriander, cumin, salt, sugar

Contains: Milk, egg

② READY-TO-EAT

Italian chopped salad with crispy chickpeas

Place a frying pan on medium heat until hot, then add a thin layer of oil. Once the oil is shimmering, add the chickpeas to the pan and cook until hot and crispy again, about 3 to 5 minutes, stirring occasionally.

In a large bowl, combine the salad greens, toppings and half of the tomato vinaigrette; toss to combine.

Divide the salad among plates, top with the chickpeas and bread crumbs, drizzle over any extra vinaigrette (if desired) and serve right away. Enjoy!

Salad Toppings: Mozzarella, red onion, pepperoncini, kalamata olive **Tomato Vinaigrette:** Tomato, canola oil, olive oil, pickled pepperoncini liquid, white wine vinegar, dijon mustard, salt **Pizza Breadcrumbs:** Flour, water, olive oil, salt, paprika, garlic, oregano **Crispy Chickpeas:** Garbanzo bean, olive oil, salt, oregano, smoked paprika, garlic powder, onion powder, pepper **Salad Greens**

Contains: Milk, wheat, olives

③ FARM-TO-FREEZER

three cup tofu and vegetables with brown rice

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