

PASTURE AND PLENTY

JUNE 2, 2025 | VEGETARIAN

HOORAY, IT'S MONDAY!

Get excited for a delicious week ahead with: an easy sheet-pan supper of roasted, glazed tofu with honey, thyme and coriander roasted rhubarb, red onions, kale and potatoes; a Spring-themed galette from our friends at Tart with asparagus, peas and potatoes with local greens tossed in a balsamic vinaigrette; and our fan-favorite baked ziti with roasted eggplant and sarvecchio besciamella!



sheet pan tofu and rhubarb
with red onion, potatoes, kale and
pickled turnips



**Tart's Spring asparagus,
pea and potato galette** with
greens and balsamic vinaigrette



baked ziti 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:

Partially Drifted Farm

Driftless Organics

Winterfell Acres

Gentle Breeze Honey

Vitruvian Farm

Tart

Sassy Cow Creamery

Sartori Cheese

EXTRA GOODNESS

rhubarb and orange preserves

Instructions: Keep refrigerated and enjoy within one month.

Ingredients: Rhubarb, sugar, orange juice, brown sugar, cherry juice, vanilla, corn syrup, apple pectin, salt, citric acid

Contains: n/a

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 tofu and rhubarb with red onion, potatoes, kale and pickled turnips

PREP &
COOK TIME

30
MINUTES

IN YOUR BAG

Tofu

Vegetable Bag

Glaze

Pickled Turnips

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

- 1 Preheat oven to 425°F.
- 2 Prep your vegetables. First, wash and dry kale, rhubarb and potatoes. Strip kale leaves from thick stems and roughly chop. Trim ends of rhubarb stalks and cut into 1/2" thick pieces. Cut potatoes into rough 1/2"-cubes. Peel and trim ends off of red onion and chop into 1/2"-thick wedges. Toss the potatoes and onion in a large bowl with a splash of olive oil until well coated and season with salt and pepper.
- 3 Line sheet pan with parchment paper. Place potatoes and onions on top in a single layer. Roast in the preheated oven for 10 minutes.
- 4 Slice your tofu into 1/2"-cubes. Reuse your large bowl to carefully toss the tofu and rhubarb together with the glaze until well coated. Season with salt and pepper.
- 5 After 10 minutes, remove sheet pan with potatoes and onion from oven and carefully spoon rhubarb and tofu onto the hot pan around the onions and chicken. Continue roasting until the tofu is browned on the edges, and the rhubarb, potatoes and onion are tender and caramelized, 20 to 25 minutes longer, tossing the veg and tofu once about halfway through.
- 6 Stir the rhubarb, potatoes and onions very well, adding the kale leaves at this time, making sure to incorporate all the browned bits and juices from the bottom of the pan (this is the tastiest part). Then sample a piece of rhubarb. If it's very tart, drizzle with a little more honey, tossing well.
- 7 Serve tofu with the roasted rhubarb, onions, potato and kale, and then garnish with the pickled radishes. Enjoy!

Tofu: Soybean, water, calcium sulfate, glucono delta lactone

Vegetable Bag: Rhubarb, red onion, kale, potato **Glaze:** Honey, olive oil, canola oil, coriander, thyme, salt **Pickled Turnips:** Turnip, white wine vinegar, apple cider vinegar, beet, sugar, salt

Contains: Soy

② READY-TO-EAT

Tart's Spring asparagus, pea and potato galette with greens and balsamic 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), riboflavin (vitamin B2), folic acid), hard white whole wheat flour, sugar, kosher salt, butter (pasturized cream, natural flavor), organic asparagus, potatoes, parmesan cheese, lemon, olive oil, peas, scallion, chives, parsley **Balsamic Vinaigrette:** Canola oil, balsamic vinegar, red wine vinegar, olive oil, honey, mustard, garlic, salt **Greens**

Contains: Milk, wheat

③ FARM-TO-FREEZER

baked ziti 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, Saturday brunch and Sunday workshops and community events.

GET IN TOUCH

2433 University Avenue
608.665.3770 • pastureandplenty.com

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