

# PASTURE AND PLENTY

JANUARY 12, 2026 | VEGETARIAN

## HOORAY, IT'S MONDAY!

And we have a great winter menu lined up for you! Get excited for: an easy, sheet pan dinner of roasted veggies and chickpea loaf with a tomato glaze (retro, but a classic fave); a warm wild rice salad with pickled apples, roasted butternut squash and herby white beans; and a creamy baked tetrazzini pasta loaded with mushrooms, peas, spinach, and sweet potato! Plus, our Bakeshop team whipped up some chocolate granola to brighten your morning, too.



### sheet pan chickpea loaf with roasted vegetables and tomato glaze



### herbed white beans and warm wild rice salad with pickled apples, roasted butternut squash and dried cranberries



### sweet potato tetrazzini with two mushrooms, peas and greens



## PRODUCER SPOTLIGHT

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

Driftless Organics

Tipi Organics

Winterfell Acres

Elderberry Hill Farm

Vitruvian Farms

Fifth Season Cooperative

Saffi Saana

Sartori Cheese

## EXTRA GOODNESS

### chocolate granola

Instructions: Store at room temperature and enjoy within 3 months!

Ingredients: Oats, maple syrup, chocolate chips, coconut oil, sliced almonds, sweetened coconut flakes, cocoa powder, vanilla, salt.

Contains: Tree nut (almond), coconut

## 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 chickpea loaf with roasted vegetables and tomato glaze

PREP & COOK TIME

45  
MINUTES

IN YOUR BAG

Chickpea Loaf Mix

Tomato Glaze

Vegetable Bag

PAIR WITH the darkly fruity and bold Pavette Cabernet Sauvignon or the classic Brandy Old Fashioned from Plain Spoke

- 1 Preheat oven to 375°F. Trim and peel carrots and radishes. Cut carrots, radishes and potatoes into similar sized pieces. Aim for around 1-inch chunks. Place the cabbage wedges and chopped root vegetables on a sheet pan, drizzle with olive oil and season with salt and pepper. Toss to coat evenly and spread it around evenly on the sheet pan in a single layer. If it's too much veg for a single layer, split it between two sheet pans so that it won't steam and will caramelize nicely.
- 2 Roast vegetables in the oven for 15 minutes, stirring the root veg and flipping the cabbage wedges every 5 minutes or so.
- 3 Meanwhile, divide the chickpea loaf mixture into even oval pieces, about 4-inches by 3-inches. After 15 minutes, remove the vegetables from the oven and nestle the pre-formed mini chickpea loaves between the root veg and cabbage on the sheet pan.
- 4 Brush the tomato glaze generously over the tops of the chickpea loaves. And brush any extra over the tops of the vegetables!
- 5 Place the pan back in the oven and bake for about 30 minutes, still stirring the veg occasionally. You're looking for the cabbage and root vegetables to be fork-tender, golden brown and caramelized around the edges and the middle of the chickpea loaves should register 165°F with an instant read thermometer.
- 6 Plate the chickpea loaves and nestle all of the vegetables alongside. Enjoy!

**Chickpea Loaf Mix:** Chickpea, lentil, oyster mushroom, onion, carrot, celery, tomato, panko, brown sugar, white wine vinegar, red wine vinegar, soy sauce, salt, pepper, onion powder, olive oil **Tomato Glaze:** Tomato, white wine vinegar, brown sugar, red wine vinegar, soy sauce, salt, pepper, onion powder **Vegetable Bag:** Potato, watermelon radish, carrot, cabbage

Contains: *Wheat, soy, mushroom*

② READY-TO-EAT

## herbed white beans and warm wild rice salad with pickled apples, roasted butternut squash and dried cranberries

Strip kale leaves from stems and tear into bite-sized pieces.

Gently reheat the beans in a saucepan over medium-low heat for about 4 to 6 minutes, or until hot. Stir occasionally to prevent sticking.

While white beans are reheating, prepare the wild rice salad. Salad can be served hot or cold. If desired, reheat wild rice and kale in a sauté pan with a splash of olive oil over medium-low heat for 6 to 8 minutes, stirring occasionally. Once hot (or if you're keeping it cold, skip the reheating step), toss wild rice and kale with the orange vinaigrette in a large bowl.

Divide salad evenly onto plates. Top with pickled apples and serve beans alongside or on top of salad. Enjoy!

**White Beans:** White bean, parsley, chive, salt, rosemary, dill **Wild Rice Salad:** Wild rice, butternut squash, cranberry, pepita, olive oil, salt, pepper **Pickled Apples:** Apple, white vinegar, sugar, salt, peppercorn, red chile flake, star anise, cardamom **Vinaigrette:** Canola oil, orange, balsamic vinegar, apple cider vinegar, olive oil, garlic, dijon mustard, honey, salt **Kale**

Contains: *n/a*

③ FARM-TO-FREEZER

## sweet potato tetrazzini with two mushrooms, peas and greens

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