PASTURE AND PLENTY

APRIL 13, 2026 | VEGETARIAN

HOORAY, IT'S MONDAY!

We're excited to share an extra-special treat with you this week: Avocado oil cake made with Saffi Saana's avocado oil! Their avocado oil is genuinely different from what's on the market elsewhere. It's cold-pressed, a vivid emerald green and with a clean, unmistakable avocado flavor. It's more like fresh avocado juice than a neutral cooking oil! And, it makes a for a deeper, earthier profile in our Bakeshop's tender cake than the usual olive oil. We hope you like it!

THE COOK KIT 1 EAT WELL, WORK LESS.

blackened sweet potato sandwich on MSCo ciabatta with spiced chickpea salad

READY-TO-EAT 2 DINNER. DONE.

tofu ropa vieja with Cuban black beans and yellow rice

FARM-TO-FREEZER 3 REAL FOOD, ANYTIME.

tofu and mushroom dan dan sauce with pickled mustard greens and noodles

WE LOVE LOCAL

PRODUCER SPOTLIGHT

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

Vitruvian Farms

Madison Sourdough Co.

Arndt Land and Cattle

Fifth Season Co-op

Winterfell Acres

Driftless Organics

Saffi Saana

EXTRA GOODNESS

Saffi Saana avocado oil cake

Instructions: Keep refrigerated for up to one week. Bring to room temperature to enjoy.

Ingredients: Sugar, greek yogurt, ap flour, Saffi Saana avocado oil, eggs, blue cornmeal, baking powder, baking soda, salt.

Contains: Milk, wheat, 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

blackened sweet potato sandwich on MSCo ciabatta with spiced chickpea salad

PREP & COOK TIME

45 MINUTES

IN YOUR BAG

Sweet Potatoes

Blackened Spice Mix

MSCo Ciabatta

Lime Crema

Roasted Sweet Pepper Rajas Salsa

Arugula

Chickpea Salad

PAIR WITH

the rich and minerally Ovum PNK Salt Rosé or the spicy and lush Ryewine from Giant Jones Brewing

1. Preheat oven to 425°F. Peel sweet potatoes and slice them into 1/4-inch wide discs. Line a rimmed baking sheet with parchment paper for easy clean up. Toss the sweet potato discs, a drizzle of olive oil (enough to coat the discs) and the spice mix together right on the baking sheet. Make sure to taste the spice mix for spiciness! Use as much (or as little) as you would like. Arrange sweet potatoes in a single layer.
2. Roast for 10 minutes in the center of oven. Remove baking sheet from oven and carefully turn over each sweet potato slice to allow for browning on both sides. Roast for an additional 10 to 15 mintues, checking every 5 minutes to ensure the sweet potatoes don't overcook.
3. Slice the ciabatta in half and toast in the preheated oven or a toaster oven until lightly browned. Spread the crema on both halves of the toasted ciabatta. Then, on the bottom half, layer on the blackened sweet potato slices, rajas salsa and arugula. Finish with the top half of ciabatta.
4. Plate the sandwiches, give the chickpea salad a good stir and serve on the side. Dig in!

Spice Mix: Brown sugar, cumin, coriander, ancho chile, pasilla chile, guajillo chile, la mesa chile powder, dried thyme, garlic powder, onion powder, paprika, salt, pepper **MSCo Ciabatta:** Flour, water, olive oil, salt, yeast **Lime Crema:** Sour cream, cilantro, lime, salt, coriander, cumin **Rajas Salsa:** Roasted red bell peppers, tomatoes, green bell pepper, lime juice, white wine vinegar, cilantro, salt **Chickpea Salad:** Chickpea, red onion, cucumber, feta, olive oil, lemon, parsley, turmeric, salt, pepper **Sweet Potato, Arugula**

Contains: Wheat, milk

2 READY-TO-EAT

tofu ropa vieja with Cuban black beans and yellow rice

Heat ropa vieja, black beans and yellow rice in a sauté pan(s) over medium-low heat until hot, adding a splash of water if needed and stirring occasionally, for about 6 to 8 minutes.

Alternatively, heat them in microwave on high, adding water if needed, stirring every minute or so, until hot for about 3 minutes.

Divide rice onto plates, plating ropa vieja and beans alongside. Enjoy!

Tofu Ropa Vieja: Tofu (soybean, water, calcium sulfate, glucono delta lactone), tomato, red onion, red bell pepper, garlic, manzanilla olive, golden raisin, caper, red wine vinegar, oregano, cumin, paprika, coriander, allspice, salt **Black Beans:** Black bean, water, lime, lemon, onion, garlic, cumin, coriander, paprika, oregano, bay leaf, salt **Yellow Rice:** White rice, water, sweet pea, yellow corn, carrot, turmeric, salt.

Contains: Soy, olives

3 FARM-TO-FREEZER

tofu and mushroom dan dan sauce with pickled mustard greens and noodles

See label for instructions and ingredients.

YOU CAN'T BUY HAPPINESS BUT YOU CAN BUY LOCAL

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** 9am–7pm
SAT 9am–2pm