

PASTURE AND PLENTY

MAY 26, 2026 | VEGETARIAN

HOORAY, IT'S TUESDAY!

Hope y'all had a great Memorial Day weekend and that our meals help you ease back into the week. Get excited for: our take on Middle Eastern chickpea fatteh, with layers of toasted pita, za'atar chickpeas & cauliflower, eggplant baba ghanoush, tahini-yogurt sauce, and pickled sumac turnips & onions; a savory and hearty posole rojo topped with tart and limey cabbage & radish slaw; and our favorite spanakopita-style baked pasta with greens and feta!



fatteh kit with za'atar spiced chickpeas & cauliflower, eggplant baba ghanoush, pita chips and tahini yogurt sauce



sweet potato pozole rojo with cabbage and radish slaw



baked spanakopita-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:

- Reimer Family Farm
- Driftless Organics
- Sartori Cheese
- Vitruvian Farms
- Elderberry Hill Farm
- Sassy Cow Creamery
- Belgioioso Cheese

EXTRA GOODNESS

cherry lemon-lime mocktail

Instructions: Mix as much syrup as desired into lemon seltzer and enjoy! Extras are great on ice cream or mixed with soda water.

Ingredients: Cherry syrup (cherry, sugar, lime juice, salt), lemon Spindrift.

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

fatteh kit with za'atar spiced chickpeas & cauliflower, eggplant baba ghanoush, pita chips and tahini yogurt sauce

PREP & COOK TIME

45 MINUTES

IN YOUR BAG

- Pita
- Za'atar Spice Mix
- Eggplant Baba Ghanoush
- Tahini Yogurt Sauce
- Pickled Sumac Turnip & Onion
- Vegetable Bag

PAIR WITH

the citrusy and spicy FUSO Cala Bianco Terre Siciliane or the hoppy Pulp Culture IPA from Working Draft Brewing Co.

- 1 Make the pita chips! Preheat oven to 350°F. Cut pita into 3/4" squares. Toss pita squares with a tablespoon or so of olive oil and a pinch of salt. Spread on a baking sheet and bake in the preheated oven, turning occasionally, until crisp and golden brown, 15 to 20 minutes. Let cool. (Pita chips can be made ahead and stored in an airtight container.)
- 2 While the pita chips are toasting, prep your vegetables. Cut your cauliflower into bite-sized pieces. De-stem and de-seed your pepper and also cut into bite-sized pieces. In a large bowl, toss the veg together with the drained chickpeas, za'atar seasoning and salt and pepper. Place onto a baking sheet.
- 3 Increase oven temperature to 425°F. Place the baking sheet with the spiced chickpeas and veg into the now higher temperature oven. Roast, stirring occasionally, for about 10 to 15 minutes, and then stir. Keep roasting until the veg and chickpeas are hot and starting to crisp up on the edges, about 10 minutes more.
- 4 Spread the pita chips on a serving platter. Spoon the baba ghanoush on top. Scatter the roasted veg and chickpeas over the pita. Scatter the sumac pickled turnips and onions on top. Drizzle with the tahini-yogurt sauce. Serve immediately.

Pita: Enriched wheat flour, water, 3% or less of soybean oil, yeast, salt, sugar, dough conditioner, baking powder, nonfat dry milk, calcium propionate, potassium sorbate, yeast nutrients, whole wheat flour **Za'atar Spice Mix:** White sesame seed, sumac, oregano, thyme, coriander, cumin, salt **Eggplant Baba Ghanoush:** Eggplant, olive oil, tahini, lemon juice, roasted garlic, salt, parsley, cumin, smoked paprika **Tahini Yogurt Sauce:** Greek yogurt, tahini, lemon juice, garlic, salt **Pickled Sumac Turnips & Onions:** Turnip, red onion, sumac, white distilled vinegar, salt **Vegetable Bag:** Cauliflower, bell pepper

Contains: Milk, wheat, sesame

② READY-TO-EAT

sweet potato pozole rojo with cabbage and radish slaw

Reheat soup over medium heat until hot, about 6 to 8 minutes, stirring occasionally to prevent sticking. Alternatively, heat in microwave on Medium High, stirring occasionally, about 4 minutes.

To serve, ladle pozole into a bowl, top with cabbage and radish slaw. And dig in!

Sweet Potato Pozole Rojo: Vegetable stock, sweet potato, hominy, onion, garlic, guajillo chile, ancho chile, pasilla chile, lime juice, salt, Mexican oregano, la mesa chile powder, coriander, cumin, smoked paprika, olive oil **Cabbage & Radish Slaw:** Green cabbage, radish, lime juice, salt

Contains: n/a

③ FARM-TO-FREEZER

baked spanakopita-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

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