

# PASTURE AND PLENTY

JUNE 1, 2026 | VEGETARIAN

## HOORAY, IT'S MONDAY!

Get excited for a summery, veg-packed menu, y'all! We can't wait to enjoy: quinoa-zucchini burgers on ciabatta with tangy pickled carrots and ramp aioli with a creamy, tri-color potato salad; a Spring-themed galette from our friends at Tart with asparagus, peas and potatoes with local greens tossed in a balsamic vinaigrette; and our favorite Brazilian feijoada to round it out! And, did someone say funfetti sugar cookies? Oh happy day!



**quinoa-zucchini burgers**  
with ramp aioli and pickled carrots on  
MSCo ciabatta with creamy, tri-color  
potato salad



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



**black bean and sweet**  
potato feijoada  
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:*

Madison Sourdough Co.

Driftless Organics

Tart

Winterfell Acres

Nueske's Smoked Meats

Tipi Organics

Harmony Valley Farm

Saffi Saana

### EXTRA GOODNESS

## funfetti sugar cookie dough

Instructions: Store cookie dough in freezer. Bring to room temperature before baking. Place cookies on a parchment-lined or greased cookie sheet. Bake at 350°F until cookies are puffy and golden brown, about 12-15 minutes, rotating the pan halfway through for an even bake.

Ingredients: AP flour, sugar, butter, egg, rainbow sprinkles (cane sugar, tapioca starch, palm oil\*, palm kernel oil\*, sunflower lecithin, coloring [vegetable juices, spirulina, annatto, turmeric], carnauba wax [\*RSPO certified]), baking powder, salt, vanilla

**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

**quinoa-zucchini burgers with ramp aioli and pickled carrots on ciabatta with tri-color potato salad**

PREP & COOK TIME

20 MINUTES

IN YOUR BAG

Quinoa-Zucchini Burger Mix

Ciabatta

Ramp Aioli

Pickled Carrots

Creamy Tri-Color Potato Salad

PAIR WITH

the citrusy and spicy FUSO Cala Bianco Terre Siciliane

or the hoppy Pulp Culture IPA from Working Draft Brewing Co.

- 1 Divide quinoa burger mix into individual portions and shape into patties. Pinch the center of the patty between your thumb and finger to make center slightly thinner — it will cook more evenly.
- 2 Heat a small amount of olive oil or butter in a skillet over medium-high heat. Place burgers in skillet and cook, turning occasionally, until internal temperature (measured with an instant thermometer) reads 165°F and the edges of the burger are crispy and golden-brown.
- 3 Slice ciabatta buns in half and grill or toast briefly. Give the potato salad a quick stir to redistribute the dressing.
- 4 Place burger on toasted bottom half of bun; top with the aioli, some drained pickled carrots and the top half of the ciabatta. Serve the remainder of the pickled carrots and the potato salad alongside and dig in!

**Quinoa Burger Mix:** Chickpea, zucchini, red quinoa, onion, chickpea flour, pepita, dijon mustard, lemon juice, salt, smoked paprika, mint, chive, onion powder, garlic powder, oregano, dill, pepper **Ciabatta:** Flour, water, olive oil, salt, yeast **Ramp Aioli:** Ramp oil (ramps, canola oil), egg, lemon, lime, garlic **Pickled Carrots:** Carrot, apple cider vinegar, water, sugar, salt **Creamy Potato Salad:** Yukon gem potato, red gem potato, purple gem potato, cucumber, red onion, parsley, dill, egg, canola oil, dijon, lemon, salt, white wine vinegar

Contains: Egg, milk, wheat

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:** Balsamic vinegar, canola oil, garlic, olive oil, lemon juice, honey, dijon mustard, salt **Greens**

Contains: Milk, wheat

③ FARM-TO-FREEZER

**black bean and sweet potato feijoada 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  
608.665.3770 • pastureandplenty.com

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