

PASTURE AND PLENTY

JUNE 15, 2026 | VEGETARIAN

HOORAY, IT'S MONDAY!

Get excited for a week of fun flavors, y'all! Look for: an easy sheet-pan supper of roasted tofu with honey, thyme and coriander glazed rhubarb, red onions, kale and potatoes; a Greek-inspired salad with baby gem lettuce from Vitruvian Farms, feta, olives, pepperoncini, bell peppers, crispy croutons, and white beans; and a creamy risotto filled with asparagus, peas, cranberry beans, ricotta and parmesan!



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



Greek salad with feta,
pepperoncini, olives, bell pepper and
white beans



creamy risotto with peas,
asparagus, cranberry beans, ricotta
and sarvecchio



PRODUCER SPOTLIGHT

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

Jenny's Tofu

Partially Drifted Farm

Winterfell Acres

Driftless Organics

Vitruvian Farms

Madison Sourdough Co.

Fifth Season Coop

Sartori Cheese

Belgioioso Cheese

Elderberry Hill

Mythic Farm

Lafayette County Farm Fresh

EXTRA GOODNESS

rhubarb preserves

Instructions: Keep refrigerated and enjoy within one month.

Ingredients: Rhubarb, sugar, orange juice, lemon juice, salt, hibiscus powder.

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

50 MINUTES

IN YOUR BAG

Jenny's Tofu

Vegetable Bag

Glaze

Sarvecchio Cheese

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" 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. Make sure the potatoes have enough room to breathe and grab a second tray if needed; if the pan is too crowded they won't brown well. Roast in the preheated oven for 20 minutes.
- 4 Slice your tofu into 1-inch 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 20 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, 15 to 20 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. Serve tofu with the roasted rhubarb, onions, potato and kale, and then garnish with the pickled turnips. Enjoy!

Jenny's 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, apple cider vinegar, sugar, salt **Contains:** Soy

Keep the contents of your meal kit bag refrigerated unless otherwise specified.

② READY-TO-EAT

Greek salad with feta, pepperoncini, olives, bell pepper and white beans

Preheat oven (or toaster oven) to 300°F. Place sourdough croutons on a baking sheet and reheat for about 5 minutes until warm and crunchy/crispy.

Meanwhile, cut the ends off your baby lettuce heads; chop or tear roughly into bite sized pieces. Separate, wash and dry the leaves.

In a large bowl, add the lettuce together with half of the vinaigrette; toss gently to combine. Plate the lettuce. Then, in the same large bowl, toss the chopped vegetables and the white beans & feta with the remainder of the vinaigrette. Top the lettuce with the dressed salad toppings, then sprinkle the toasted croutons on top and dig in!

Vinaigrette: Red wine vinegar, canola oil, olive oil, oregano, dijon mustard, garlic, lemon juice, honey, salt, pepper **Salami & Feta:** Salami (Pork, Beef, Salt, 2% or less of Dextrose, Spices, Natural Smoked Flavor, Ascorbic Acid, Lactose Acid Starter Culture, Garlic, Sodium Nitrite, Spice Extractives), feta (Pasteurized milk, salt, cheese culture, enzymes), salt **MSCo Croutons:** Flour, water, olive oil, salt, pepper **Chopped Vegetables:** Red bell pepper, red onion, pepperoncini (pepper, water, salt, acetic acid, citric acid, sodium benzoate, sodium metabisulfate, yellow #5), kalamata olive (kalamata olive, water, red wine vinegar, salt, extra virgin olive oil) **Lettuce** **Contains:** Milk, wheat, olives

③ FARM-TO-FREEZER

creamy risotto with peas, asparagus, cranberry beans, ricotta and sarvecchio

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 9am-7pm
SAT 9am-2pm