

PASTURE AND PLENTY

AUGUST 17, 2026 | VEGETARIAN

HOORAY, IT'S MONDAY!

Get excited for classic summer fave this week, y'all: yep, we're dishing up BLTs with house-made tempeh bacon and lemon pepper aioli with a summery pesto pasta salad! Nothing says summer more than an heirloom tomato BLT! We can't wait. Throw in a hearty, lemony-mustardy wild rice salad with juicy cherry tomatoes, briny green olives, crunchy bell peppers and salty feta cheese and a veg-packed red coconut curry? And the week is looking up!



tempeh BLT with pesto pasta salad



lemony wild rice salad with green olives, cherry tomatoes, bell pepper and feta



red coconut tofu curry with vegetables and 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

Jones Dairy Farm

Bandung

Winterell Acres

Vitruvian Farms

Flyte Family Farm

Crossroads Community Farm

EXTRA GOODNESS

monster cookie dough

Instructions: Keep dough frozen. Preheat oven to 350°F while dough comes to room temperature. Place cookies on a parchment-lined cookie sheet. Flatten cookie dough until it is about 1/2 in. thick. Bake in preheated oven for about 12 to 15 minutes until golden, rotating halfway through for an even bake.

Ingredients: Oats, puffed rice cereal, ground flax, sunflower seeds, pumpkin seeds, sweetened shredded coconut, egg, brown sugar, sunflower seed butter, coconut oil, dairy-free chocolate chips, dried cranberries, baking soda, salt, vanilla extract.

Contains: 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

tempeh BLT with pesto pasta salad

PREP &
COOK TIME

30
MINUTES

IN YOUR BAG

MSCo
Sourdough

Tempeh Bacon

Vegetable Bag

Lemon Pepper
Garlic Aioli

Pesto Pasta
Salad

PAIR WITH
the fruity and
lively La
Patience Rosé

or
the refreshing
Commuter
Kölsch from
One Barrel
Brewing Co.

- 1 Prep your sandwich fixings! First, trim the ends off of your lettuce head and separate the leaves. Wash and dry lettuce leaves and slice your tomatoes.
- 2 Cook tempeh bacon in a skillet over medium heat until crispy and caramelized on the edges, about 5 to 7 minutes. While the tempeh bacon is cooking, toast your sourdough bread.
- 3 While the bacon is cooking, give the pesto pasta salad a stir to redistribute the dressing.
- 4 To build your sandwich, first slather one side of each piece of toast with your aioli. Divide lettuce evenly between both pieces of bread. Layer tomato slices on 1 piece of bread and sprinkle generously with coarse salt and freshly ground pepper. Break tempeh bacon slices in half and layer them onto the sandwich in 2 layers, alternating the orientation of tempeh bacon in each layer for more structural stability. Close sandwich and cut in half diagonally.
- 5 Serve immediately with pesto pasta salad on the side. Enjoy!

MSCo Sourdough: Flour, water, salt **Vegetable Bag:** Bibb lettuce, heirloom tomato **Lemon Pepper Garlic Aioli:** Canola oil, egg, lemon, olive oil, garlic, white wine vinegar, pepper, salt. **Pesto Pasta Salad:** Rotini (semolina, enriched durum wheat flour), pesto (olive oil, canola oil, basil, garlic, spinach, arugula, lemon juice, parmesan cheese [pasteurized part-skim cow's milk, cheese cultures, salt, enzymes, powdered cellulose, natamycin], pepita, red wine vinegar, salt, red chile flake), mozzarella (pasteurized cow's milk, vinegar, salt, enzymes), zucchini, yellow squash. **Tempeh Bacon:** Tempeh (soybean, apple cider vinegar, water, rhizopus oligosporous [tempeh culture]), maple syrup, brown sugar, soy sauce, olive oil, salt, pepper, smoked paprika

Contains: Soy, wheat, egg, milk

② READY-TO-EAT

lemony wild rice salad with green olives, cherry tomatoes, bell pepper and feta

In a large bowl, add the wild rice together with half of the mustard lemon vinaigrette and the salad toppings; toss gently to combine. Taste for seasoning and add more dressing as desired. Plate the wild rice salad and top with the feta. Dig in!

Mustard Lemon Vinaigrette: Canola, lemon juice, white wine vinegar, whole grain mustard, roasted garlic, honey, salt **Wild Rice:** Wild rice, water, salt, olive oil **Salad Toppings:** Red bell pepper, yellow bell pepper, cherry tomato, green olives, scallion, parsley **Feta:** Pasteurized milk, salt, cheese culture, enzymes

Contains: Milk, olives

③ FARM-TO-FREEZER

red coconut tofu curry with vegetables and brown rice

See label for instructions and ingredients.

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



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