

## THE FIELD FRITTER

Proudly Maine-Grown, Dorchester-Made

Made with organic yellow field peas, a cover crop that restores soil health

Low calorie, high fiber, vegan and gluten-free

### DO WELL BY DOING GOOD

The search for a delicious, versatile, environmentally and socially responsible plant-based protein is over. The Field Fritter was developed by Johnson & Wales culinary professionals to meet the dietary needs of patients and visitors alike while providing a versatile center-of-the-plate protein option for busy food service teams.

The peas in this fritter were grown at Aurora Mills & Farm in Aroostook County, Maine, a family-owned farm that practices regenerative land management.

The fritter was developed in partnership with Health Care Without Harm and NCAT.

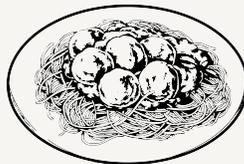
### PREPARATION INSTRUCTIONS

Bake at 350 for 15 minutes until internal temp is 165 or higher. Hold in a warmer uncovered to maintain crispness.

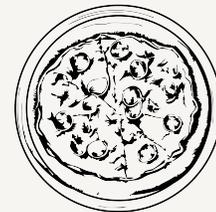
### SERVING SUGGESTIONS



Meatless sub with  
marinara and cheese



Spaghetti and meatballs



Personal pizza

### Nutrition Facts

About 76 servings per container  
Serving size **4 pieces (84g)**

Amount Per Serving  
**Calories 150**

% Daily Value\*

**Total Fat** 4.5g **6%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 330mg **14%**

**Total Carbohydrate** 22g **8%**

Dietary Fiber 7g **25%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

**Protein** 6g

Vitamin D 0mcg **0%**

Calcium 50mg **4%**

Iron 1.8mg **10%**

Potassium 320mg **6%**

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: PEAS, SPLIT, ONION, OAT FLOUR, OLIVE OIL, LEMON JUICE, WATER, FLAXSEED, YELLOW PEAS, PARSLEY, SEA SALT, CORIANDER, BAKING POWDER (CORNSTARCH, SODIUM BICARBONATE, SODIUM ALUMINIUM SULFATE, MONOCALCIUM PHOSPHATE), BLACK PEPPER, PEA PROTEIN ISOLATE, GARLIC, CILANTRO, CAYENNE PEPPER

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