

INTRODUCING

# THE FIELD FRITTER

**A playbook for campuses to add a new plant-based,  
versatile, & locally-produced entree to their menus**

**FALL 2024**



A project led by Boston-area  
campuses and CommonWealth  
Kitchen, with support from the  
Henry P. Kendall Foundation

Designed by: The MIT Office  
of Sustainability





# MEET THE FIELD FRITTER

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**The field fritter is a crispy, protein-filled, nutritious bite made with New England-grown yellow field peas blended with spices, olive oil, lemon juice, and other simple ingredients. Their versatility makes them easy to incorporate into your menus, and they come ready to cook.**

This playbook demonstrates how to prepare and serve a variety of dishes featuring field fritters for your campus community. By creating plant-forward menus with local ingredients, colleges and universities can help transform the food system, supporting healthy farms, soils, people, and small businesses.

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# WHY START WITH YELLOW PEAS?

Similar to split peas, yellow peas are traditionally used as a cover crop – a crop that is grown to protect and enhance soil in farm fields. Yellow peas are pulses, which are the dried seeds of legume plants. While pulses are popular sources of protein in dishes around the world (like dal or hummus), they are used less often in U.S. cuisines – leaving room to innovate.

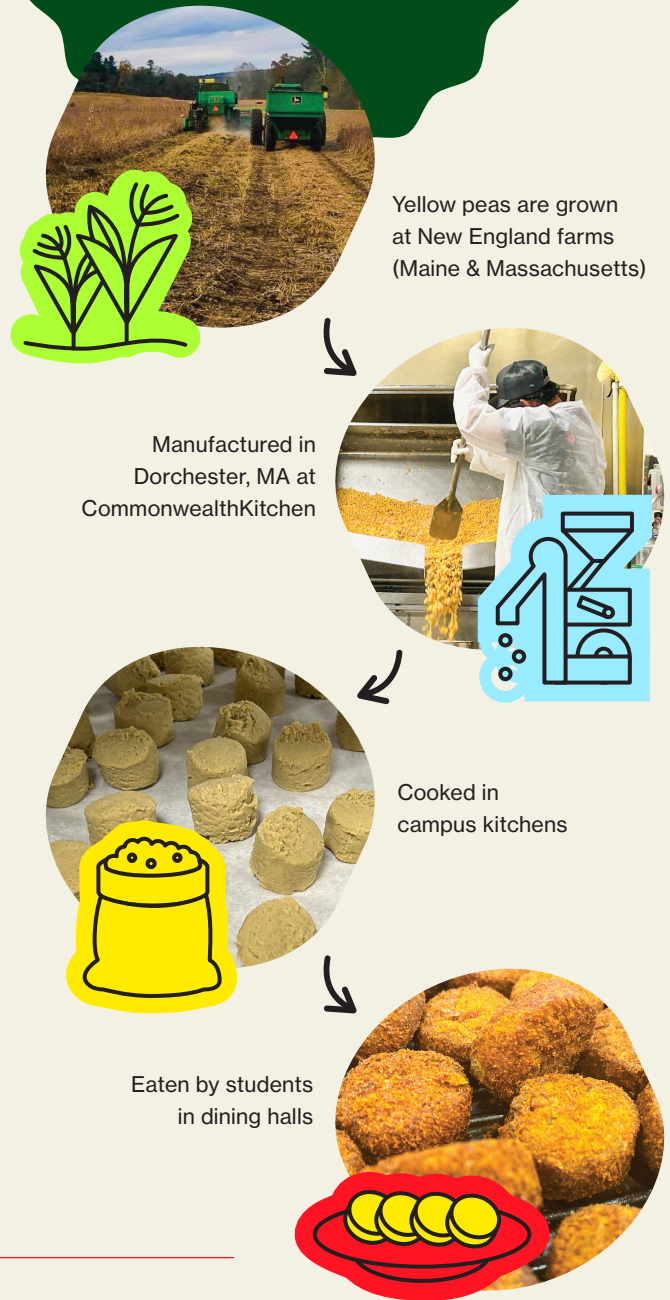
## THE HISTORY

Healthcare without Harm, Johnson & Wales, and Commonwealth Kitchen set out to do just this – creating the first version of the fritter recipe for hospitals in the Boston area, using yellow peas from Maine. This project seeks to scale this to campus kitchens around the Boston area.

## CAMPUS 2.0

In fall 2023 campus chefs helped fine-tune the original recipe to make it more suitable for cooking and eating in the college environment. Today, the manufacturing team at Commonwealth Kitchen can easily transform the raw peas into thousands of crispy protein-filled, minimally processed nuggets that offer a locally-made and versatile plant-based entree. Incorporating them into menus helps meet climate goals and provides a tangible way of strengthening the regional food system.

## THE FRITTER'S JOURNEY



## BENEFITS



Improve soil quality  
for farmers



Increase healthy  
and local food



Meet climate and  
sustainability goals



Support urban  
food production

# HOW TO PREPARE IN CAMPUS KITCHENS

## COOKING AND SERVING

The field fritter comes frozen and ready to eat after just four minutes in the fryer. Crispy, savory, and versatile, the field fritter can be incorporated into countless dishes from wraps, to bowls, and even pizza!

## EASY TO PREPARE

Fry @ **350°F for 4 minutes** or an internal temperature of 165°F or higher.

## EASY TO USE

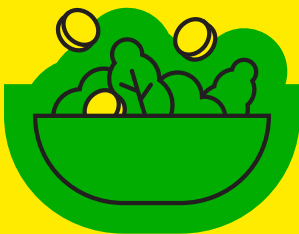
Field fritters are flavorful and versatile and can be incorporated into the recipes your campus already loves.



**“Field fritters are a great product to use if you want to give your guests a high quality, sustainable, awesome tasting, allergen free option. Just fry them off for a few minutes in freshly changed oil. You can’t go wrong with this product.”**

**CHEF MICAH YANIS, CAFÉ BON APPETIT AT MIT**

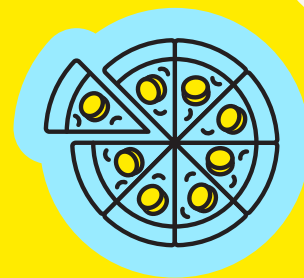
## HOW TO SERVE



**SALAD OR  
GRAIN BOWL**



**SANDWICH  
OR WRAP**



**ON A PIZZA**

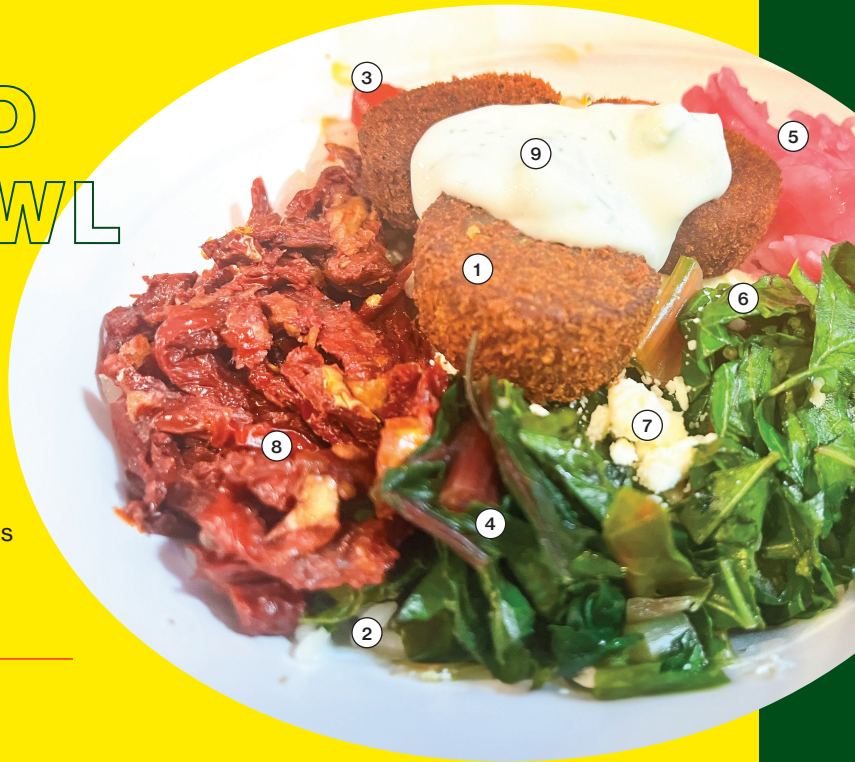
## FEATURED RECIPE

# GREEK FIELD FRITTER BOWL

WITH ROASTED VEGETABLES, LEMON,  
AND DILL-SCENTED RICE

by Chef Micah Yanis, Café Bon Appetit at MIT

Chef Micah serves this bowl in the Global Bytes station at MIT's Forbes Family Café – where students can select their proteins and choose their toppings.



## INGREDIENTS

- |                                   |                          |                      |
|-----------------------------------|--------------------------|----------------------|
| 1 Field fritters                  | 4 Seskoula (Swiss Chard) | 7 Feta crumble       |
| 2 Lemon & dill-scented rice       | 5 Pickled red onions     | 8 Sun dried tomatoes |
| 3 Briami (Greek roast vegetables) | 6 Fresh mint             | 9 Vegan tzatziki     |



## AS A SPECIAL LOCAL TASTING EVENT

A tasting event is an engaging way to introduce fritters to campus communities. You can highlight your team's commitment to sustainability, talk directly with students about the food system, and celebrate local entrepreneurs.

Brandeis Hospitality teamed up with Commonwealth Kitchen for a special takeover event in their residential dining location, Usdan Kitchen. Chef Sean served up the Field Fritters with his scratch-made vegan tzatziki sauce side-by-side with Fresh Zen's chili garlic sauce and Meal Mantra's tikka masala sauce - two small food businesses that work out of Commonwealth's shared kitchen in Dorchester.

## PRINTABLE POSTER

Flip page for a poster you can print out when the fritter is on the menu.





MEET THE FIELD FRITTER

# PLANT- POWERED DELICIOUS- NESS

This fritter can transform the  
New England food system.

Made with locally-grown  
yellow peas, a cover crop  
that restores soil health.



COMMONWEALTH  
KITCHEN

In partnership with Boston-area  
campuses



# 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

Field fritters are low calorie, high fiber, vegan and gluten-free – a delicious addition to plant-forward menus.



## PLANT- FORWARD

“A style of cooking and eating that emphasizes and celebrates, but is not limited to, foods from plant sources – fruits and vegetables, whole grains, legumes, nuts and seeds, plant oils, herbs, and spices – and reflects evidence-based principles of health and sustainability.”

CULINARY INSTITUTE OF AMERICA

# GET TO KNOW THE PARTNERS BEHIND THE FRITTER

## **COLLABORATION IS THE KEY TO FOOD SYSTEMS CHANGE**

What happens when you enable farmers, a food processor in a Boston neighborhood, a network of distribution hubs, and a cohort of campus dining teams to work together to bring a new plant-based protein option to scale? Recognizing the unique role that educational institutions in the Boston area can play in transforming the region's food system – from procurement to education – the Henry P. Kendall Foundation provided a grant to MIT and Commonwealth Kitchen to test this question out.

Working in partnership with campuses in the region is a critical element of the project's success, as it brings together the expertise from chefs across the city to finetune the recipe and distribution channels with Commonwealth Kitchen and expands purchasing to help stabilize the market for the field fritter. Each fritter served on campuses can have a positive impact on family farmers, pollinator species, steady urban manufacturing jobs, and more.





## CAMPUSES

### BOSTON-AREA COLLEGES AND UNIVERSITIES

With more than 60 colleges and universities in and around Boston, campuses have a significant amount of purchasing power, procuring a lot of food to nourish their busy communities. Campuses also have strong commitments to supporting small farmers, reducing the climate impact of their operations, advancing social and economic justice, and educating the next generation of leaders.

Joining together to buy the same product from the same vendor can enable a locally-sourced, plant-based protein to be available to the region. This provides a pathway to meet campus goals and taps the creative potential of dining teams to transform the world.

MIT, Brandeis University, Boston College and others have all informed the development of the fritter, and there is a seat at the table for many more.

## COMMUNITY

### COMMONWEALTH KITCHEN

Since 2009, CommonWealth Kitchen, located in Dorchester, Mass. has helped launch more than 150 diverse food businesses with a strong equity and innovation lens. Their shared kitchen and manufacturing spaces provide support to small food businesses – predominantly BIPOC and women-owned enterprises. Commonwealth Kitchen developed the manufacturing procedure and refined the process for making the field fritter, building partnerships, and securing distribution channels.

The fritter is also a vehicle to support other small businesses that are part of Commonwealth Kitchen and throughout the Boston area – adding a creamy tikka masala or spicy chili sauce to the fritters brings more local flavor and economic opportunity to each plate.

## FARMS

### AURORA MILLS & FARM AND CLOVER HILL FARM

Currently, the yellow peas used in the field fritter are sourced from two family farms.

**Aurora Mills & Farm in Aroostook County, Maine.** Sara Williams and her family run this regenerative organic farm operation with a diversified crop rotation. They were approached by Health Care Without Harm to participate in the plant-based protein project, and they signed on. By the time the recipe was developed, she had shipped a ton of yellow peas to Commonwealth Kitchen.

**Clover Hill Farm in Hardwick, Massachusetts.** The Prouty family runs this diversified, multi-generational farm in business, which has been operating continuously since 1888. They just planted their first field of yellow peas in spring 2024 to support the expansion of the field fritter market.





The fritter manufacturing crew at work in CommonWealth Kitchen.

**Email us to get involved  
and find out more.**



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