



# THE PENDULUM

APRIL 1-4, 2020



Cooking certain dishes, like roast pork, reminds me of my mother.— Maya Angelou

## What's in the Box?

**1 lb. Ground Beef**

**2 Boneless, Skinless Chicken Breasts**

**1.5 lb. Pork Loin Roast**

**Pizza Kit: dough, sauce, fresh mozzarella, pepperoni**

**Pack of Seeds**

## Pizza Kit

First, you'll need to preheat the oven to 525° —or as hot as it'll go. Stretch the dough out, working it into a flattened round. Then, set a 9-12" cast-iron pan over a burner set to medium-high. You want to preheat the pan so it's hot but not smoking (just watch your hands—and don't grab the handle!). Although any size pan is really fine, keep in mind that the smaller the pan, the thicker the crust will be. If deep dish-style pizza is your jam, go for the 9". If you want a crispier crust, use a larger pan. Sprinkle the hot pan with cornmeal and flour, and set the dough snugly in the pan (again, watch your fingers). Pull the sides of the dough up the sides of the pan so it doesn't slump back down, being sure to distribute the dough evenly for no thin patches. Brush the top of the dough with olive oil and let it start cooking over the burner. Once the dough starts to bubble, season with salt and pepper and add marinara sauce. Spread the marinara over the dough, and don't worry about leaving too much space for a crust. Top with mozzarella cheese and toppings. Slide that pizza into the oven and let it bake for 10-15 minutes until the cheese is melted, bubbling, and golden. Let it rest a few minutes and slice.



# Pork Loin Roast

## Ingredients

### FOR THE PORK LOIN

1.5 pound pork loin  
1 tablespoon olive oil

### FOR THE SPICE RUB

1/2 teaspoon sweet paprika  
1/2 teaspoon garlic powder  
1/4 teaspoon onion powder  
1/4 teaspoon dried thyme  
1/4 teaspoon dried rosemary  
salt and fresh ground pepper, to taste

### FOR THE HONEY GARLIC GLAZE

2 cloves garlic, minced  
1/8 cup honey  
1.5 tablespoons low-sodium gluten free soy sauce  
1/2 tablespoon dijon mustard  
1/2 tablespoon olive oil

### FOR THE VEGETABLES

1 tablespoon olive oil  
3/4 pound brussels sprouts, cut in half  
3/4 pound butternut squash, peeled, seeds cleaned out, and cut into 1-inch cubes



## Instructions

Preheat oven to 375°F. Line a rimmed baking sheet with aluminum foil or parchment paper and set aside. Pat dry pork loin with paper towels. In a small mixing bowl combine paprika, garlic powder, onion powder, thyme, rosemary, salt and pepper. Take the spice mix and rub it all over the pork loin. Heat olive oil over medium heat and sear the pork loin until browned on all sides; about 3 to 5 minutes per side. Transfer pork loin to previously prepared baking sheet, fat-layer side up; set aside. In a bowl, combine garlic, honey, soy sauce, mustard and oil; whisk until well combined. If too thick, add a bit more oil or soy sauce. Reserve some of the sauce to use for the vegetables. Brush remaining honey mixture over the pork loin. Roast for 25 minutes.

In the meantime, toss the vegetables with a tablespoon of olive oil and the reserved honey mixture. Pull pork roast out of the oven and add the vegetables all around it in one layer. Tent a piece of foil over the pork so the top doesn't burn, but the inside continues to cook. Put back in the oven and continue to cook for 25 to 30 more minutes, or until internal temperature of the pork loin reaches 145°F. Use an Instant Read Thermometer to check for doneness. Stir vegetables half way through cooking. Remove baking sheet from oven and loosely cover meat and veggies with foil; let rest 10 minutes. Cut the pork in slices and serve with veggies.

This week we are including a pack of seeds from the Seed Savers Exchange. Visit [seedsavers.org](http://seedsavers.org) for information about growing from seed, everything you need for a thriving garden, and much more. For those of you homeschooling right now, click on this link for an animated video on the plant life cycle for your kids to watch. <https://www.turtlediary.com/video/the-life-cycle-of-plants.html>

The kids will enjoy growing something that they will be able to eventually eat.