



# THE PENDULUM

AUGUST 4-7, 2021



*Ways to my heart:  
1. Buy me food 2. Make me food 3. Be food.*

## What's in the Box?

- **Chicken Thighs**
- **Beef Stir Fry Meat**
- **Ground Beef**
- **Breakfast Sausage**
- **Local Eggs**
- **Tillamook Cheddar**

## Breakfast Burritos

### Ingredients:

Breakfast sausage  
3 large eggs  
4 large egg whites  
1 tablespoon olive oil  
2 cups chopped fresh spinach  
2 plum tomatoes, seeded and chopped  
1 garlic clove, minced  
1/4 teaspoon pepper  
6 tortillas (8 inches), warmed  
Shredded Cheddar, optional  
Salsa, optional



### Instructions:

Cook sausage over medium heat. Remove from pan. In a small bowl, whisk eggs and egg whites until blended. In same pan, add eggs; cook and stir over medium heat until eggs are thickened and no liquid egg remains. Remove from pan; wipe skillet clean if necessary. In skillet, heat oil over medium-high heat. Add spinach, tomatoes and garlic; cook and stir until spinach is wilted, 2-3 minutes. Stir in sausage and eggs; heat through. Sprinkle with pepper. To serve, spoon 2/3 cup filling across center each tortilla. Fold bottom and sides of tortilla over filling and roll up. If desired, serve with cheddar and salsa.

# Korean Chicken Thighs with Mango Salsa

*This slow cooker recipe is perfect for the hot summer days.*

## Ingredients:

### **FOR THE CHICKEN:**

1/4 cup soy sauce  
1/4 cup honey  
2 tablespoons Korean chile paste (gochujang)  
2 tablespoons toasted sesame oil  
2 tablespoons grated fresh ginger (about a 2-inch piece)  
4 garlic cloves, grated or pressed  
Pinch of red pepper flakes  
Chicken thighs  
2 teaspoons cornstarch

### **FOR THE MANGO SALSA:**

2 ripe mangoes, peeled, pitted, and diced  
1 jalapeno pepper, seeded and finely diced  
1/4 of a red onion, finely diced  
1 tablespoon chopped fresh cilantro  
Juice of 1 lime  
Drizzle of honey (optional – I like the extra sweetness)  
Salt, to taste

### **Optional Garnish:**

Scallions, chopped  
Sesame seeds  
Lime wedges

## INSTRUCTIONS:

### **FOR THE CHICKEN:**

In the bottom of a slow cooker, whisk together the soy sauce, honey, chile paste, sesame oil, ginger, garlic, and red pepper flakes. Add the chicken thighs to the slow cooker, gently turning them to coat in the sauce. Cover and cook on LOW for 3-4 hours (or on HIGH for 2-3 hours). Remove the chicken from the slow cooker and set on a plate. Whisk the cornstarch into 1/4 cup of cold water and add to the sauce in the pot. If your slow cooker has a SIMMER setting, use that (if not, use the HIGH setting). Whisk the sauce until it is thickened and glossy, about 5 minutes. Chop or shred the chicken and add it back to the pot with the sauce, tossing gently until everything is evenly coated in the sauce. Keep the chicken warm until you are ready to serve.

### **FOR THE MANGO SALSA:**

Combine the mangoes, jalapeno, red onion, and cilantro in a bowl. Juice the lime over and add a drizzle of honey. Toss to combine. Season, to taste, with salt. Keep cold until you are ready to serve.

Serve with rice. Garnish the chicken with scallions, sesame seeds, and lime wedges.

