



THE PENDULUM

JULY 21-24, 2021



*"Good food is the foundation of genuine happiness." -
Auguste Escoffier*

What's in the Box?

- **Pork Carnitas**
- **Ground Beef**
- **Mild Italian Sausage**
- **Boneless, Skinless Chicken Breast**
- **Fresh Mozzarella**

Sausage Stuffed Shells with Spinach and Ricotta

Ingredients:

- 16-18 jumbo pasta shells
- 1 lb. fresh Italian sausage
- 1 tablespoon minced garlic
- 1 (14-ounce) can diced tomatoes
- 1 cup frozen spinach, thawed and squeezed dry
- 1/2 cup ricotta cheese
- 1/2 cup shredded mozzarella cheese
- salt and freshly ground pepper

Instructions:

Preheat oven to 350 degrees F and fill a large bowl with cold water and ice, set aside. Bring a large pot of salted water to a boil. Add pasta shells and cook according to package directions. Drain well then add to ice water until ready to stuff. Heat a large skillet over medium-high heat. Add pork sausage then use a wooden spoon to break up the sausage, cook 5-6 minutes until browned. Add garlic and cook 30 seconds then add tomatoes and spinach (make sure the thawed frozen spinach has been squeezed dry); cook 1 minute. Remove pan from heat and stir in ricotta cheese. Using a spoon, fill pasta shells with pork filling and arrange in a baking dish. Sprinkle tops with shredded cheese then bake in the oven 25-30 minutes until cheese has melted and tips of shells begin to crisp and brown.



Grilled Chicken Caprese

INGREDIENTS

1 lb boneless skinless chicken breasts
1 tablespoon olive oil
Salt and pepper to taste
1 teaspoon dry Italian seasoning
4 thick slices of ripe tomato
4 1- ounce slices of fresh mozzarella cheese
2 tablespoons balsamic glaze or balsamic reduction
2 tablespoons thinly sliced basil



INSTRUCTIONS

Heat a grill or grill pan over medium high heat. Drizzle 1 tablespoon of olive oil over chicken breasts and season to taste with salt and pepper. Sprinkle Italian seasoning over the chicken. Place the chicken on the grill and cook for 3-5 minutes per side, or until done. Cook time will vary depending on the thickness of your chicken breasts. When chicken is done top with a slice of mozzarella cheese and cook for 1 more minute. Remove from heat and place chicken breasts on a plate. Top each breast with 1 slice of tomato, thinly sliced basil and salt and pepper to taste. Drizzle with balsamic glaze and serve.

HOW TO MAKE BALSAMIC GLAZE

To make a glaze, you only need that one ingredient: balsamic vinegar. Many recipes call for an added sweetener of some sort — usually sugar or honey. Cooking it down with those additions helps it cook faster while adding a hint of flavor to the glaze. However, balsamic vinegar on its own turns into a sweet syrup as it reduces into a syrup-like consistency.

INGREDIENTS

2 cups good quality balsamic vinegar
1/2 cup brown sugar (optional)

INSTRUCTIONS

Heat balsamic vinegar in a small pot or saucepan over medium heat.

*If adding sugar, combine both into the pot and heat together.

Bring to a gentle boil, then reduce heat to medium-low heat and let simmer, stirring occasionally, until the vinegar thickens and is reduced to about 1/2 cup (about 20 minutes). It should be thick enough to coat the back of a spoon.

*If simmering with sugar, it will take about 8-10 minutes to reduce.