



# THE PENDULUM

SEPTEMBER 15-18, 2021



*"Food insecurity is a human issue, and solving it will take all of us." -FEAST VA*

## What's in the Box?

- **Pendulum City Ham Steaks**
- **Boneless Pork Chops**
- **Ground Beef**
- **Luganega Sausage**
- **Local Eggs**

## Tomato Casserole with Grilled Luganega Sausages

### Feast Virginia Meal Kits

On Friday, September 17th, you can pickup a complete meal kit at Pendulum containing all the ingredients you need to make the tomato casserole. Each kit is \$20 and 100% of the proceeds with go to local nonprofit FEAST. You can also donate a meal kit to a family in need. For more information or to purchase your meal kit, visit [https://www.feastva.org/store/pl/September\\_Meal\\_Kit\\_-\\_Tomato\\_Casserole.html#/](https://www.feastva.org/store/pl/September_Meal_Kit_-_Tomato_Casserole.html#/).

FEAST VA was created to help families struggling with the effects of living in a broken food system live healthier, more nourishing lives. They do that by providing a comprehensive 12-week wellness program that combines food education, access to healthy foods, and group support, together. Learn more about our program at [www.feastva.org](http://www.feastva.org).

### Chef Willis's Tomato Casserole Recipe

[https://www.feastva.org/uploads/1/2/6/2/126223979/chefwillssimpletomatocasserole\\_recipecard\\_final.pdf](https://www.feastva.org/uploads/1/2/6/2/126223979/chefwillssimpletomatocasserole_recipecard_final.pdf)

# Honey Balsamic Lime Pork Chops

## Ingredients

Boneless pork chops

½ teaspoon salt

¼ teaspoon pepper

2 tablespoons olive oil

1 lime , freshly squeezed

¼ cup honey

3 tablespoons balsamic vinegar

Garnish

4 thyme sprigs , leaves only

1 lime sliced



## Instructions

Season pork chops with salt and pepper on both sides. Heat oil in a large skillet. Add pork chops and cook over medium-high heat until nicely seared to golden brown color, 4 minutes on each side. Make sure they are cooked through. Cook them longer if they are not cooked through. Remove to a plate.

How to make honey-lime syrupy glaze:

To the same skillet add the freshly squeezed juice of 1 lime, honey, and balsamic vinegar. Bring everything to boil, stirring. Cook for a couple of minutes until a thick glaze forms and until reduced by one third or half. Remove the skillet from heat. Add the cooked pork chops back in.

Let the glaze cool off in the pan, with the pork chops in it, off heat. As the glaze cools off, it will get thicker, at which point pour it over the pork chops. Garnish pork chops fresh thyme and sliced lime.

# **Pendulum City Ham Steaks**

Our ham steaks are cured and smoked in house. They are my go-to for a quick dinner. Simply reheat, they are already fully smoked. I reheat them in a small amount of chicken stock and top with pepper jelly, serve with rice pilaf and whatever vegetable I have at home. They are always available at Pendulum.