



THE PENDULUM

Primal news...

JULY 25-28, 2018



"Food is our common ground, a universal experience." – James Beard

What's in the Box?

- **1 lb. Chorizo Verde Sausage**
- **1 lb. Ground Beef**
- **1 Rack of Baby Back Ribs**
- **1 Package of Boneless, Skinless Chicken Breast**

Pesto Chicken Salad

Ingredients:

- 2 cups cooked chopped chicken breast
- 1/2 c. basil pesto
- 1/2 c. shaved parmesan cheese
- 2 Tbsp. pine nuts
- 1 c. grape tomatoes halved
- sandwich rolls



Instructions:

Combine chicken and pesto; stir until combined. Add parmesan, pine nuts, and grape tomatoes and mix. Enjoy "as is" or divide chicken salad evenly between sandwich rolls.

BBQ Baby Back Ribs

1 rack baby back pork ribs
1/4 cup barbecue seasoning rub
1 cup barbecue sauce



- 1. Prep.** Heat oven to 375°F. Line the bottom of a baking sheet with heavy-duty foil, for easier cleaning. If ribs have the silver skin attached, peel it off and place ribs on baking sheet. Season all over with rub. Cover tightly with heavy-duty foil.
- 2. Roast.** Ribs will turn out tough if you cook them directly on the grill—by roasting them first, you break down the tough fibers, resulting in super-tender meat. Roast in oven 1 hour. Uncover; brush ribs with half of the barbecue sauce. Re-cover with foil and return to oven for 30 minutes, or until ribs are fork-tender. (If not being served immediately, cool ribs to room temperature. Refrigerate up to 2 days before grilling.)
- 3. Grill.** If ribs have been refrigerated, bring them to room temperature. Heat an outdoor gas or charcoal grill to medium-high. Grill ribs, brushing with sauce and turning several times, until slightly charred and glazed, 10 to 15 minutes.
- 4. Serve.** Transfer ribs to a cutting board. Brush with any remaining sauce.

Chorizo Verde Sausage

Spinach, poblano peppers, cilantro and jalapeños make up this delicious pork sausage. Toluca, Mexico is a small town outside Mexico City. It is the premier Chorizo Verde sausage making town in all of Mexico. People from all over Mexico, and abroad, visit Toluca during the Chorizo Festival to consume this famous green sausage.