



THE PENDULUM

MAY 15-18, 2019



What's in the Box?

- **Frittata Kit**
(Diced ham, eggs, and swiss cheese)
- **Ground Beef**
- **2 Bone In Pork Chops**
- **Green Chili Chorizo Sausage**

“Laughter is brightest where food is best.”

Ham and Swiss Frittata

One of our go to dinners is a frittata.

It is fast, easy, and delicious. Beat

8-10 eggs and then mix in the diced ham, grated swiss cheese, and any vegetables you might want to add. Bake at 350 degrees for 20 minutes or until set.



Korean Ground Beef Stir Fry



Ingredients

- 1 pound lean ground beef
- 3 garlic cloves, minced
- 1 Tablespoon olive oil
- 1 red bell pepper, diced
- 1 zucchini, sliced
- ½ cup sugar snap peas
- ½ cup shredded carrots
- 8 ounce mushrooms, sliced
- ½ cup packed brown sugar
- ½ cup reduced-sodium soy sauce
- 1 Tablespoon sesame oil
- ½ teaspoon ground ginger
- ¼ teaspoon crushed red pepper flakes
- ½ teaspoon pepper
- sliced green onions and sesame seeds for garnish

Instructions

In a large skillet cook the ground beef and garlic breaking it into crumbles over medium heat until no longer pink. Remove the ground beef and set aside on a plate. Drain the grease and add 1 Tablespoon olive oil to the skillet. Add bell pepper, zucchini, snap peas, carrots, and mushrooms. Saute 2-3 minutes or until tender. Add the ground back to the skillet. In a small bowl whisk brown sugar, soy sauce, sesame oil, ginger, red pepper flakes and pepper. Pour over the ground beef and let simmer for another minute or two. Serve over hot rice and garnish with green onions and sesame seeds.

Our Green Chili Chorizo is a pork sausage made with poblanos, jalapeños, serranos, garlic, and spinach.