



# THE PENDULUM

JULY 19-22, 2023



## What's in the Box?

- **Boneless Pork Chops**
- **Chicken Breast**
- **Ground Beef**
- **Luganega Sausage**

*"If life were predictable it would cease to be life, and be without flavor." -Eleanor Roosevelt*

## Luganega Sausage Pasta with Summer Vegetables

Our luganega sausage is made with pork, salt, garlic, white wine, Grana pandano cheese, and oregano. We love this sausage, but especially in the summer when there are so many fresh vegetable options to make a quick and easy dinner. We take this out of the casing and cook up with onions, mushrooms, squash, and zucchini. We add some white wine and a pat of butter and mix with the Scratch Pasta Lemon Basil Gemelli made in Lynchburg, VA. We sell many varieties of their pasta in the shop. It is over by our wine sections. Such a quick and delicious meal!



# Grilled Pork Kebabs

## Ingredients:

1 pound pork, cut into 1 inch cubes  
8 wooden skewers, soaked in water for 30 minutes  
(alternatively use metal skewers)  
1 yellow pepper, cut into 1-inch squares  
1 large onion, cut into cubes  
8 oz. Mushrooms  
Cherry tomatoes  
For the marinade:  
1/2 cup olive or vegetable oil  
1 tsp ground cumin  
1 tsp paprika  
1 tsp salt  
3/4 cup white wine or beer  
1 garlic clove  
1 shallot or 1/2 yellow onion  
2 tbsp fresh chopped parsley



## Instructions:

In a bowl, combine all ingredients for the marinade. Add pork. Stir to coat. Marinate for at least 1 hour or overnight. When ready to skewer the meat, preheat gas grill to medium-high heat. Skewer meat, pepper, mushrooms, cherry tomatoes, and onion onto skewers. Grill for 4-5 minutes on both sides, flipping once, until meat is cooked and veggies are charred.

.....

Need a little inspiration for the chicken breasts?

Check out this article from Good Housekeeping,  
**[60 Best Chicken Breast Recipes Perfect for an  
Easy Weeknight Dinner](#)**

.....