



THE PENDULUM

AUGUST 30-SEPTEMBER 2, 2023



"Education is the most powerful weapon which you can use to change the world."-Nelson Mandela

What's in the Box?

- **Burger Patties**
- **Mild Italian Sausage**
- **Pork Roast**
- **Chicken Thighs**

Sausage Stuffed Shells

Ingredients:

16-18 jumbo pasta shells
 1lb Italian sausage links,
 casing removed
 1 tbsp minced garlic
 1 (14-ounce) can diced
 tomatoes
 1 cup frozen spinach,
 thawed and squeeze 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 (9-inch x 9-inch baking dish works well). 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.



Pork Loin Roast

Ingredients:

3 cloves garlic, minced
1 tablespoon dried rosemary
salt and pepper to taste
2 pounds boneless pork loin roast
¼ cup olive oil
½ cup white wine



Instructions:

Preheat oven to 350 degrees F. Crush garlic with rosemary, salt, and pepper in a mortar and pestle to make a paste. Pierce meat with a sharp knife in several places and press garlic paste into the openings. Rub pork loin with the remaining garlic mixture and olive oil. Set into an oven-safe pan. Place pork loin into the preheated oven, turning and basting with pan liquids every 30 minutes. Cook until the pork is no longer pink in the center, 90 minutes to 2 hours. A thermometer inserted into the center should read 145 degrees F. Remove roast to a platter and keep warm. Place pan onto the stove over medium-high heat and pour wine into it. Heat wine and stir to loosen browned bits from the bottom of the pan. Simmer for 3 to 5 minutes. Slice pork loin and serve with pan juices.

Cilantro Lime Chicken Thighs

Ingredients:

1 lb. chicken thighs
Olive oil
6 garlic cloves, minced
1 cup dry white wine
2 limes, juice of
2 cups chicken broth
1 bunch cilantro, chopped

Spice mix:

1 tbsp seasoned salt
1 tsp hot paprika
1 tsp black pepper
1 tbsp garlic powder
½ tsp ground nutmeg

Instructions:

Preheat your oven to 375 degrees F. In a small bowl, mix the spices. Pat the chicken thighs dry, and season each thigh on both sides with the spice mix. Be sure to season underneath the skin as well. Let the chicken thighs sit in room temperature for about 15 minutes. When ready, heat 1-2 tbsp of olive oil in a cast iron skillet. Brown the chicken thighs deeply on both sides in the heated oil. Remove from the skillet and set aside briefly. Lower the heat and deglaze the skillet with the white wine. Let cook to reduce and then add the broth. Bring the liquid to a simmer then add lime juice and garlic. Now return the chicken to the skillet; and toss in the cilantro. Bring to a high-simmer for about 5 minutes or so. Cover the skillet and transfer to the 375 degree oven for 45 minutes or until chicken is cooked through. Remove from the oven and let sit for 5 minutes before serving. Garnish with more cilantro, if you like.

