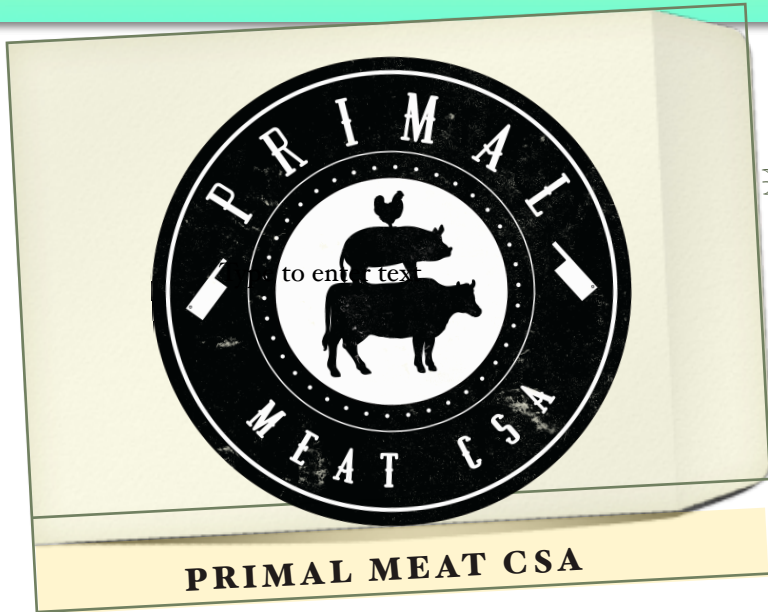




THE PENDULUM

JANUARY 3-6, 2024



Happy New Year!

What's in the Box?

- **Whole Chicken**
- **Pork Chops**
- **Ground Beef**

Baked Pesto Pork Chops

Ingredients:

- 1 lb. boneless pork chops
- 4 tbsp. pesto
- 4 slices mozzarella
- 1 tomato, thinly sliced
- 1 tbsp. olive oil
- 1 tsp. salt
- ½ tsp. paprika
- black pepper to taste

Instructions:

Preheat the oven to 450 degrees. Cut the pork chops down the middle, about $\frac{3}{4}$ of the way, leaving a flap that opens for the filling. Drizzle the pork chops with olive oil and rub with the salt and spices. Fill each pork chops with a tablespoon of pesto, a slice of cheese, and a couple slices of tomato. Bake for 20-22 minutes, or until done.



LEMON GARLIC OVEN ROASTED WHOLE CHICKEN

Ingredients:

1 whole chicken
2 tbsp. olive oil
4 garlic cloves,
(2 minced & 2 crushed
to place inside chicken)
Salt and freshly ground pepper
3 lemons, 1 whole and 2 juiced
½ bunch thyme
½ bunch rosemary



Instructions:

Preheat the oven to 375 degrees. Whisk oil, lemon juice, minced garlic, salt, and pepper. Rub the chicken all over with the marinade. Season the chicken cavity with some salt and pepper. Place the crushed garlic, whole lemon, thyme, and rosemary into the cavity. Tie legs with a string if needed. Transfer the chicken to a large oven dish. Roast for about one hour, or until the skin is nicely golden brown and the chicken is 165 degrees. Spoon the lemony gravy formed in the bottom of the dish over the chicken. Let the chicken rest for 15 minutes, then carve and serve.

Happy New Year! As we begin a new year, we want to say thank you for supporting us throughout 2023. We hope 2024 is a year filled with new beginnings, prosperity, time with loved ones, and great food.

Cheers!