



Spring/Summer 2007

MagicKitchen.com's Seasonal Newsletter for the Best of Home-Cooked, Nutritious Meals

From the President's Table

There is no more colorful a time than spring and summer. Winter has died down, and so have the days of rich brown soups and stews dotted with autumnal orange or green. These are the days of scarlet strawberries, celadon asparagus and well, peachy peaches. So when you're thinking about your plate, think about sunsets, and you'll be well on your way to figuring out what's in season.



If you still need help, check out our useful Link Up section for our suggestions on cool food-related web sites. In this issue, we focus on our new menu items (including two new bundles), and the great outdoors. Summer is the season for light, easy meals, and enjoying the freedom of great weather, vacation time, family time and long lazy days.

So get out there and enjoy the weather and take MagicKitchen.com with you. In The Great Outdoors section we have some great ideas for feeding your crowd without being chained to the stove. Also, check out our new Menu Highlights for new tasty dishes and some cool new bundles.

Happy Dining,

Michelle Tayler
President

Greg Miller
CEO



*These are the days of
scarlet strawberries...*

www.MagicKitchen.com



Menu Highlights

We've added two new bundles to the MagicKitchen.com repertoire. Have a ravenous carnivore to feed? Try our new Meat Lover's Bundle. Looking for a soothing summer dinner? Check out the Comfort Bundle. Both contain hearty, satisfying meals for traditional meat-and-potatoes folks.

Or...got a calorie-conscious diner in your household? Then take a peek at our new Healthy Options section of the web site. We have 6 new items which are all 30% or fewer calories from fat per serving, and nearly all dishes are under 408 mg sodium per serving.



- Beef with French Style Green Beans - Slow simmered hand-cut beef strips in an organic wild mushroom sauce with French style green beans.
 - Gardein* Vegetable Protein Sundried Tomato Marinara - Gardein Vegetable protein drenched in a kissed-by-the-sun flavorful sundried tomato sauce with brown rice.
 - Garden Medley Lasagna - Hand-layered organic whole wheat pasta, fresh-cut California vegetables and our home-style Italian marinara sauce.
 - Mushroom Rigatoni Bolognese with Gardein Protein - Organic whole wheat rigatoni topped with a robust soy sausage Bolognese. A true Italian specialty for the vegetarian.
 - Jambalaya with Chicken Sausage & Brown Rice - Herb-enhanced chicken sausage in Cajun rice and red sauce with fresh vegetables and brown rice.
 - Santa Cruz Gardein* Vegetable Enchilada - Our finest enchilada sauce ladled over our spicy black bean and Gardein & Vegetable-filled organic whole wheat tortilla wrap.
- * Gardein™ Chicken is a meatless, high-moisture protein product made entirely from vegetable sources. Gardein™ is cholesterol-free, high in protein, low in carbohydrates and low in fat - a great alternative for today's health-conscious consumer.

Sign up for our printed catalog at:

<http://www.magickitchen.com/newsletter.html#catalog>





The Great Outdoors

We all have our favorite warm-weather get away activities, but figuring out how to feed all the accompanying friends and family can zap the fun out of an outing. Whether you're camping, boating, RVing or beaching it this summer, look to MagicKitchen.com meals for a perfect on-the-go dining experience. They're already frozen, so they work great doubling as an ice pack to keep the rest of your cooler items cold. Once they're thawed, just heat, eat, and toss the containers. No pots and pans to clean up!

Here's our no-fail menu for an elegant dinner at the cabin:

- *Apple-stuffed Pork Tenderloin.*
- *French Green Beans with Mushrooms and Cream Sauce*
- *Twice Baked Stuffed Potato*
- *Ricotta Cheesecake*

Or for a no-heat-up picnic:

- *MagicKitchen.com Herb-Roasted Chicken Breast (sliced).*
- *Sliced tomatoes*
- *Diced sweet onions*
- *Whole-wheat Tortillas*
- *Bottled Ranch Salad dressing*
- *MagicKitchen.com Double Fudge Brownies*

Also, don't feel like you have to plan the whole menu for the entire trip! Allow us to customize a meal program for you according to your specific needs. Many families love this when bringing along folks with special dietary needs. We can customize low-salt, low-cholesterol or vegetarian options, so just give us a call at 877-51-MAGIC (877-516-2442), or email us at info@MagicKitchen.com.



Magic Customers

Congratulations to Brenda Opine! She's the winner of the MagicKitchen.com April Draw and a \$200 gift certificate. Simply by filling out the email review questionnaire from her order, Brenda was randomly selected from 30 other reviewers. Thank you to all of our customers for your continuing feedback!

Yes, Chef!

Our fabulous dinners have more than one life to live! Here's a great idea for turning our Tiger Prawns into a delightful summertime dinner salad

MagicKitchen.com Pan-seared Tiger Prawns-
4-serving size

Lettuce for four (A mixture of romaine, baby spinach and a little radicchio)

1/2 lb. green beans

Freshly grated Parmesan cheese

2 Tbsp. minced parsley

Dressing

1/4 c. olive oil

1 lg. clove fresh garlic, crushed

1 Tbsp fresh lemon juice

1 Tbsp white wine vinegar

1/2 tsp. dry mustard

1. Shake dressing ingredients together in a jar, mixing well. Let stand to season about 2 hours before using.
2. Cut the beans into 1-inch lengths, and steam until just tender. Have a bowl of ice water ready. Drain the beans and then plunge them into the ice water to stop the cooking and to make them retain their brilliant color. When cooled, drain well.
3. Mix the greens and beans together in a large bowl.
4. Heat the prawns according to instructions.
5. Mix the prawns with sauce and the dressing with the salad. Sprinkle parsley and Parmesan over. Add salt and pepper to taste, and serve immediately. Serves 4.



Link Up

In this section, we bring you a few great links, stories or web site tidbits to check out. If you've ever started to plan a menu and wondered what was going to be fresh, in season (or the cheapest) at the grocery store, here's a great web site we found that can tell you what's in season on the west coast: <http://www.localfoodswheel.com/about.html>. East coasters can check out Produce Pete's listing of seasonal foods at: <http://www.producepete.com/whatsin.html>.

If you want to learn more about the organic vs. local movement, Time Magazine featured a great article on eating locally a few weeks ago. Go here for the full story:

<http://www.time.com/time/magazine/article/0,9171,1595245,00.html>

MagicKitchen.com buys only the freshest of California Produce-taste the sunshine! Here are a few of our local producers:

Artichokes - Ocean Mist Farms in Castroville CA

Asparagus - Victoria Island in Holt CA

Onions - Ironwood Farms/Kelomar Inc. in Brawley CA

Mushrooms - Monterey Mushrooms in Watsonville CA

Broccoli - Dole Farms/Queen Victoria in Salinas CA

Cauliflower - Bongard Farms in Salinas CA

Raspberries - Driscoll in Watsonville CA

Chicken - Foster Farms in CA

Beef - Various farms in CA

Corn - Glori Ann Farms in Tracy CA

Eggs - Cal Eggs in Ripon CA

Tomatoes - Houweling's Farms in CA

Easy Fundraising with MagicKitchen.com

We at MagicKitchen.com believe in giving back to our community. Let us help you develop ways to raise funds for your local school, church, children's program or sports team.

For information on fundraising with MagicKitchen.com, simply click on the Fundraising link on our home page to review our fundraising page.

Or e-mail us at: info@magickitchen.com or call toll free: 1-877-51-MAGIC (877-516-2442).