



Summer 2023

MagicKitchen.com's Seasonal Newsletter for the best in Delicious Home-style Meals, Delivered

President's Table

Oh, the joys of summer! The season of sun-kissed afternoons, cheering at baseball games, and indulging in picnics at local parks. How could we not fall head over heels for this magical time of year?

But we understand that summer can also bring its fair share of busyness for our dear customers. That's precisely why we're constantly seeking ways to make your lives easier and tastier, offering a wide-ranging menu of chef-prepared meals. Say goodbye to slaving over a scorching stove or fretting about planning extravagant party spreads. Let us take care of the cooking while you savor the joys of summer.

We've expanded our culinary offerings to bring you exciting new dishes and handpicked options perfect for those hot summer days. So sit back, relax, and explore what we have in store. When you're ready, visit MagicKitchen.com, place your order, and get back to enjoying all that this marvelous season has to offer—whether it's diving into refreshing swims at the beach or stealing tranquil moments in your favorite hammock.

Thank you from the bottom of our hearts for being a part of our journey. We promise to continue serving you with the same dedication and passion for many more delightful years to come.

Michelle Tayler

President

Greg Miller

CEO

www.magickitchen.com



Menu Updates!

We have some amazing new menu items we are excited to share with you.



Baked Tilapia with Peas and Corn

Fresh tilapia fillets are coated with crispy breadcrumbs and baked to perfection!



Tilapia with Cilantro Lime Rice

A Mexican feast! Tilapia cooked with vegetables and spices, along with Lime Cilantro Rice!



Shrimp Fried Rice

Succulent shrimp, aromatic jasmine rice, and crisp vegetables tossed in a harmonious blend of savory sauces. A delicious and satisfying meal!



Vegetable Steam Rice with Tofu

Fragrant jasmine rice, colorful veggies, delicate tofu, and a hint of sesame oil create a satisfying and wholesome meal.

5 Tips For Healthy Summer Eating

1. Brighten your plate with vibrant fruits and vegetables, occupying at least half of it. They are low in calories and rich in antioxidants, while also helping to regulate portion sizes of other foods.
2. Harness the flavors of fresh summer herbs like basil and mint. They effortlessly enhance your meals without adding excessive calories or any fat.
3. During summer road trips, opt for healthier snacks such as sparkling water, homemade trail mix, hummus with raw vegetables, while consciously avoiding greasy potato chips and sugary fountain drinks.
4. Expand your grilling repertoire beyond burgers. Experiment with lean meats like chicken or turkey, and even grill an assortment of vegetables to introduce exciting variety to your summer diet.
5. When grilling hot dogs or burgers, opt for whole grain buns and ensure your condiment table boasts an abundance of wholesome vegetables.



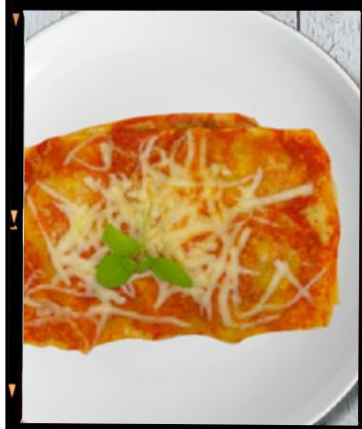
Pasta, Pasta, Pasta

Indulge in a delectable array of pasta dishes prepared by our talented chef. Allow your taste buds to travel to Italy as you experience the superb quality of our Italian-style dinners.

Delight in the flavors of our newest creation, the cheese and spinach manicotti.



Dive into the comforting layers of our vegetable lasagna with marinara sauce.



Savor the rich blend of roasted vegetables and creamy alfredo sauce in our roasted vegetable lasagna.



And of course, don't miss out on our all-time favorite, the renowned eggplant parmigiana.

Buon appetito!



Creamy Spinach Stuffed Chicken Breast

1 (4-serving) MagicKitchen.com Creamy Spinach
4 boneless, skinless chicken breasts
1/2 cup shredded mozzarella cheese
1 tsp garlic powder
1/2 tsp paprika
Salt and pepper to taste
Olive oil for cooking

Instructions:

1. Preheat your oven to 375°F (190°C).
2. Using a sharp knife, create a pocket in each chicken breast by slicing horizontally through the center, without cutting all the way through.
3. Season the chicken breasts with garlic powder, paprika, salt, and pepper, rubbing the seasonings evenly on both sides.
4. Spoon approximately ¼ cup of creamy spinach into each chicken breast pocket. Make sure to distribute it evenly among the chicken breasts.
5. Sprinkle the shredded mozzarella cheese over the creamed spinach filling.
6. Carefully seal each chicken breast by securing it with toothpicks to prevent the filling from spilling out during cooking.
7. Heat a drizzle of olive oil in an oven-safe skillet over medium-high heat. Once hot, add the stuffed chicken breasts to the skillet and sear them for 2-3 minutes on each side until they develop a golden brown crust.
8. Transfer the skillet with the chicken breasts to the preheated oven. Bake for approximately 20-25 minutes or until the chicken is cooked through and reaches an internal temperature of 165°F (74°C).

Enjoy the creamy and flavorful combination of creamed spinach and tender chicken in this delightful dish!

(Serves 4)

*Yes,
Chef!*