



Summer 2017

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

President's Table

The popular American artist Norman Rockwell got it right when he painted some classic scenes of summer. Two friends trying to cool off in the “no swimming” area. A kid holding two melting ice cream cones while standing under a series of colored umbrellas. Care-free kids fishing and playing in the water. A man and his dog diving into cool waters. Wagon pulling or riding in the car with the windows down.

When you look at summer from this perspective, it's easy to travel back in time to a simpler era. Think of summer vacation, long days with family and friends, camping trips, and a steady schedule of backyard barbecues.

When the weather warms up, the summer months are wide open to opportunities to see the world, take a hike, spend more time outdoors, or relax on the porch waiting for dusk.

As the dog days of summer approach, the last thing you want to be doing is worrying about what you're going to feed everybody at home. So don't. Making a rush trip to the grocery store while everyone is visiting is hardly a way to enjoy an evening with family and friends.

But if you're not fully stocked with groceries, how will you be able to feed your guests on a warm summer night? It's easy. Leave all the meal prep to us.

Our team of professional chefs have put together a mouthwatering menu of entrées, side dishes, desserts, and snacks all made from fresh ingredients. Pick your favorite meals, store them in your freezer, and you can have dinner ready in minutes.

That's how you do dinner during the summer. Spend as little time in the kitchen as possible. Keep the mess to a minimum. And still eat healthy and delicious food. This is happening.

As if that wasn't good enough, we'll level up and make your summer even better. Set up an ongoing delivery for your favorite dishes (e.g. Beef Brisket, Cheese Ravioli with Marinara Sauce, Eggplant Parmigiana, and many others), and we'll give you free standard delivery.

Consider this the summer of yum. Place an order for your favorite meals, and in a few days from now you'll be living your own Norman Rockwell summer dream.

Michelle Tayler
President

Greg Miller
CEO



"Everything good,
everything magical
happens between the
months of June and
August."

—Jenny Han,
The Summer I Turned Pretty

www.magickitchen.com



Meals to Beat the Heat

If the heat hasn't hit where you live yet, it probably will. Maybe not to record levels like in Death Valley, California, but it's going to get warmer over the summer months.

So how hot does it get in Death Valley? Very hot. In fact, the hottest temperature ever recorded in the United States occurred there. How hot did it get? 134 degrees Fahrenheit.

Now imagine how uncomfortable it gets in your house when the mercury rises even a little above 72 degrees inside on a hot day. The last thing you want to do when that happens is turn on the oven and heat up the house even more.

But you've got to eat! You could snack on finger foods for days on end until the heat wave passes. You could spend a small fortune going out to eat. Or you can plan for days when you don't want to be cooking and stock up on MagicKitchen.com meals. You won't have to turn on the oven or stove and heat up the house. But you can still enjoy healthy foods made from fresh ingredients like Baby Clams With Linguini Marinara, Cheese & Spinach Manicotti with Marinara Sauce and Portobello/Shiitake Mushroom Ravioli. These are all great-tasting pastas that work well as the main dish for a summer time meal with no mess.



If you want to add a little more meat to your diet, you can prepare and serve Sliced Beef Brisket in just minutes, or use our Corned Beef to put together a Reuben sandwich. If you want something heartier, you can try bone-in ham, smoked pork loin, and top it off with some potato salad.

We've got just the meal to keep your tastebuds guessing and your stomach happy. You might also enjoy pan-fried crab cakes served with Barley Vegetable Pilaf, or take just a couple minutes to heat up one of two tilapia dishes.

With dozens of healthy meals, sides, and snacks to choose from, you can play it cool this summer. Stock up on your favorite meals, and beat the heat.



Savor the Selection of Our Newest Dishes

Our team of professional chefs have been busy in the test kitchen. It wasn't easy keeping the kitchen stocked with all the food, seasonings, and supplies they needed to develop the perfect recipes. But we did it. And the result are delicious.

Our newest dishes include three new artisan flatbreads, six types of gluten-free cookies, and smoked boneless pork loin. Any one of these items would fit the bill for lunch, a mid-day snack, or a healthy dinner.

These new menu items are sure to please, even if you do have your favorites. Let's dig in and savor the selection of our newest dishes.

Flatbreads

If you're trying to control calories, cutting back on the amount of bread you eat is a good strategy. So why not go from bread to flatbread? After our chefs refined the flat-bread making process in the test kitchen, they developed three flatbread variations.

The Buffalo Chicken, Italian Sausage, and Pulled Pork Flatbreads are packed with toppings your tastebuds will enjoy. And they're each 380 calories or less.

Gluten-Free Cookies

The chefs in the test kitchen literally fought over this assignment. Can you imagine a roomful of chefs in white coats wielding kitchen utensils trying to get to the front of the line? That's pretty much what happened when we tasked them with making gluten-free cookies that actually taste good.

That's right. These gluten-free cookies taste good, but they're not made with any flour. Pretty sweet. Our chefs have baked up batches of gluten-free Chocolate, Chocolate chocolate chip, Oatmeal chocolate chip, Oatmeal raisin, Snickerdoodle, and Sugar cookies. Tasty!

Smoked Boneless Pork Loin

In just three minutes, you can grill perfectly tender and seasoned Smoked Boneless Pork Loin, or you can warm it on the stovetop. Either way, this main dish can feed four and makes the perfect meal for a special celebration like graduation, a family reunion, or simply a night of gourmet cooking made easy.



Yes, Chef!

Ham and Penne Pasta Bake

- 1 lb. Penne Pasta
- 2 Tbsp Butter
- 7 oz. Mushrooms of your choice, cleaned and sliced
- 1/2 small sweet onion, diced small
- 2 Tbsp All-purpose Flour
- 2 cups milk
- 1 serving(6 oz) MagicKitchen.com Bone-in Ham, cut into 1" cubes
- 6 oz grated swiss Emmenthaler Cheese
- 2 oz. grated Parmesan Cheese

1. Cook the pasta according to package directions, then drain. Preheat the oven to 350 F. Spray a 3 quart casserole dish with cooking spray.
2. While pasta is cooking, melt half the butter in a large pan over medium heat. Fry the mushrooms and onions for 2 minutes, then take them out and set them aside.
3. Melt the remaining butter and melt over medium heat. Stir in the flour until it's all mixed in. Gradually stir in the milk, whisking as you go to make it lump-free. Increase the heat a little until mixture bubbles and thickens a little. Add mushrooms, onions, ham and Swiss cheese, and season with salt and pepper to taste. Stir in the drained pasta.
4. Transfer the mixture to the prepared casserole dish, and sprinkle with the grated Parmesan cheese. Cook, uncovered, for 20 minutes, or until bubbly.

Serves 6



Meals for Every Member of the Family

In the Charles Dickens classic, a young orphan boy named Oliver scrapes the bottom of his bowl at meal time. He's still hungry. And even though he knows a second helping isn't an option, he decides to ask for one anyway at the urging of his peers.

He picks up his bowl and makes the long walk down the aisle of the mess hall with everyone watching. Then comes the unforgettable line from *Oliver Twist*: "Please sir, I want some more."

And all hell breaks loose. There's no way an orphanage in those days could have accommodated dozens of different tastes, food preferences, and even special dietary needs. Fortunately, that's not the case anymore.

If you have special dietary needs or simply prefer certain foods over others, you can do something about it. Or if you're in charge of meals for an entire household with family members who need to follow a special diet, you've got options to help cut the amount of time you spend in the kitchen.

Our Complete Meals menu includes carefully prepared meals for seniors, or people trying to lose weight, made with fresh ingredients. We also have full-meal options that are low in sodium, diabetic friendly, low-carb and low fat. After much demand, we also created a selection of entrees for people with renal disease and those on dialysis. The menu even includes a wide range of Gluten-Free meals.

We've added two breakfast meal packs, along with several other entrees to our Complete Meals menu. Now you can enjoy Beef Stroganoff & Mixed Vegetables, Cheese Omelet, Broccoli & Cinnamon Apples, Denver Frittata, Mashed Potatoes & Cinnamon Apples, Salmon & Vegetable Linguini, and Tilapia & Rice Pilaf with Mushroom & Artichoke Hearts.

There's something for everyone. And if you want seconds, no problem. Can you imagine Oliver's response to a freezer stocked with a variety of nutrition-filled meals to fit your fancy? Epic.

But the options don't end there. We have one other group of Complete Meals options on the menu you might enjoy. MK Signature Meals. These balanced meals are made with the finest and freshest ingredients, but still provide essential nutrients to promote health.

If you or someone else asks for more, go ahead. Our Complete Meals menu has just what you need to satisfy your appetite.



www.magickitchen.com