



Spring 2019

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

President's Table

Happy Spring!

We've been focusing on making our customers' experience better over the last few months. One of the biggest changes to the website has been the addition of the mid-cart.

You'll notice now that when you add an item to the cart, a box pops up near the top showing what you've added, and giving you an option to check out or continue shopping. We've had great feedback on this improvement, and are curious to know, how do you like it?

Last month, March, was National Kidney month. MagicKitchen.com works with many customers who need help with their diets because of kidney disease, and we have several articles on keeping your kidneys healthy. Read them and other helpful articles on our Health Articles section of the website.

Last month was also National Frozen Food Month, which of course we celebrate with balloons and noisemakers in the office and kitchens. It's our favorite month, with good reason. Frozen food has been proven to be good for you, especially when flash-frozen as our delicious meals are. See more information below about why frozen meals are healthy for you.

This month? Well, it's National Grilled Cheese Sandwich month. That doesn't apply to us as the others did, but we still have some delicious and healthier recipes for grilled cheese sandwiches in this newsletter.

However you eat, do it mindfully; enjoy the food, pause while eating, and stop when you're full. Moderation in all things is the key to a long and healthy life. Bon Appetit!

Michelle Tayler
President

Greg Miller
CEO



"Pull up a chair. Take a taste. Come join us. Life is so endlessly delicious."

**—Ruth Reichl, Chef,
Author and Editor of
Gourmet Magazine.**

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Why are Frozen Meals Good for You?

Here's the most important thing to know: If it was nutritious when it was frozen, it will be nutritious when you eat it. In other words, if you get home from work and heat up a frozen pizza, that's not going to be healthy. But using healthy frozen meals as a way to balance out your busy life with your need for good food is an ideal choice.

Most of you probably know that Clarence Birdseye invented the packaged frozen food back in 1924. He had been living in Labrador, Canada, a notoriously wintry place. Mark Kurlansky writes in *Birdseye: The Adventures of a Curious Man*: "My subconscious suddenly told me that perishable food could be kept perfectly preserved in the same way I had kept them in Labrador—by quick freezing!"

Birdseye was a visionary, and an exemplary inventor and engineer. His first foods were whole foods, fast-frozen vegetables, fish and meats. It was only later that competitors started freezing entire meals, rather than just vegetables or meats. Swanson TV dinners are the ones most of us remember. Of course, they are still available today.

Professional dietitians like our own, Michelle, recommend mixing convenient frozen meals with fresh items to get the best nutritional punch. Our portion-controlled meals give you a main course, and two sides. Add a fresh salad or some more steamed vegetables, and you have a healthy and perfectly-sized meal.

Other ideas include taking a portion of one of our main courses, and either adding one of our healthy sides, or making your own. Dessert is optional, and entirely up to you.



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National Grilled Cheese Month!



Grilled Cheese sandwiches have to be high up on everyone's Love-to-Eat list. They range from decadent (brioche bread, three cheeses, bacon) to lighter fare such as these recipes below. The key to making grilled cheese healthier is less butter, a bit less cheese, but cheese with lots of flavor, and the addition of some vegetables. As you'll see when you try these, there's no loss of the yummy factor.

Roasted Red Pepper Grilled Cheese

2 slices whole-wheat or whole-grain bread
2 tsp butter, softened
1 ounce extra-sharp Cheddar cheese, grated
1/2 Roasted red pepper, sliced into thin strips.

Spread the butter very thinly across the two slices of bread. Put one slice into a non-stick skillet, and turn the heat to med-high. Sprinkle the cheddar over. If some falls out, that's ok, the melted goodness will add to the flavor. Lay the strips of red pepper across, add the top slice, and put a lid on the pan. Let it cook for about a minute, then check the underside. When brown and crispy, turn carefully over and brown the other side. Serve immediately. Serves one.

Olive Oil Gruyere Grilled Cheese

2 slices whole-wheat or whole-grain bread
2 tps olive oil
1 ounce Gruyere Cheese, grated.
2 tsp cream cheese

Brush one side of each slice of bread with the olive oil. Spread the other side of one slice with the cream cheese. Put that slice olive oil-side down into a non-stick skillet, and turn the heat to med-high. Sprinkle the Gruyere over. Add the top slice, and put a lid on the pan. Let it cook for about a minute, then check the underside. When brown and crispy, turn carefully over and brown the other side. Serve immediately. Serves one.

Here are some other recipes for healthier Grilled Cheese sandwiches.

Green Grilled Cheese Recipe - from i am a food blog

Mushroom Grilled Cheese Sandwich - from healthination

Loaded Veggie Grilled Cheese Sandwich - from The Dreaming Foodie





Healthy Eating for Everybody - We're Here to Help

What's for dinner? It doesn't matter what stage of life you're at, it's a question that's going to come up. You gotta eat, right?

Do you need to get dinner on the table for a growing family? Are you looking for ways to eat healthier with a hectic schedule? Are you an empty nester? Need to adjust your diet to improve your health to lose weight, or manage a medical condition?

Eating a balanced diet is important for your health. Your body needs vitamins and nutrients from food for best health. And even though it's convenient, fast food and highly processed meals are often loaded with empty calories, saturated fat, and sodium.

Eat this, not that. Have more fruits and vegetables. Beware of eating too many refined carbohydrates. You've probably heard advice like this before. And if you're really trying to improve your diet, it can be hard to know which voice to listen to.

We're here to help. MagicKitchen.com has been helping people just like you for over a decade. Dial in their nutrition to eat healthy, and manage medical conditions like diabetes, kidney disease, celiac disease, high blood pressure. Our staff includes a team of professional chefs who prepare every meal with fresh ingredients. Every meal they make is carefully critiqued by our registered dietitian, and we regularly examine new research in food sciences to make sure our meals are as healthy as possible.

Before you get out your recipe book, go in search of that elusive grocery shopping list that keeps disappearing, or settle for fast food, take a few minutes to check out MagicKitchen.com. You'll find meal selections for special diets, recommended meals to help you achieve your weight-loss goal, meals for one, and meals big enough to serve an entire family.



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