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April 2009



## The Stocked Host Newsletter

### "Stocked" Tips

#### Kids Snacks

The weather is turning warm but we still have quite a few weeks left of school. By now your kids are probably tired of the old standby cold lunches and snacks. Try some of these healthy, delicious and cost effective alternatives. Kids will enjoy being "Stocked " too!

#### Peanuts, Raisins, and Chocolate Chips

#### Apple Slices with Homemade Caramel Sauce

#### Peanut Butter and Jelly Tortilla Roll-Ups

#### Carrot Sticks and Ranch Dressing

#### Cream Cheese and Jelly Crackers

Welcome to The Stocked Host. Every month we will send out tips and recipes that only use the items found on The Stocked Host Grocery List. Get "Stocked" and always have what you need to serve something great!

### "Stocked" Recipes

## Baked Chicken Tenders with Honey Mustard Dipping Sauce and Oven Fries

Tonight, try this kid friendly alternative to drive-thru with ingredients you have on-hand..because you're "Stocked!"

#### **BAKED CHICKEN TENDERS**

- 1 lb. Boneless, Skinless, Chicken Breasts, cut into 2" wide strips
  - 1 C Milk
  - 1 T Lemon Juice
  - 8 dashes Tabasco Sauce (optional)
  - 1/2 C Bread Crumbs
  - 1/2 C Butter Crackers
  - 1 t Grill Seasoning (or plain Salt and Pepper)
- 1) Preheat oven to 425 degrees
  - 2) Whisk together Milk, Lemon Juice, and Tabasco together in a mixing bowl and toss Chicken in.
  - 3) In a Gallon Resealable Bag, add crackers and seal. Finely crush Crackers in bag. Add Bread Crumbs and Grill Seasoning.
  - 4) With a fork remove all Chicken from Milk mixture and add to the Resealable Bag with Cracker and Breadcrumb mix. Shake to coat Chicken.
  - 5) Place coated Chicken on a Parchment Paper covered Jelly Roll Pan. Bake for 20 minutes or until thoroughly cooked.

#### **HONEY MUSTARD DIPPING SAUCE**

- 1/2 C Mayonnaise
- 2 T Mustard
- 2 T Honey

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- 1 t Lemon Juice
- 1) Combine ingredients thoroughly.

### OVEN FRIES

- 3 lbs. Potatoes, scrubbed
- 1 T Olive Oil
- 2 T Grill Seasoning
- 1) Preheat oven to 425 degrees. (Fries can cook along with Chicken Tenders.)
- 2) Slice potatoes in half lengthwise and then each half into 4 slices lengthwise. Place potatoes in Stock Pot and cover with water. Bring to a boil and boil for 10 minutes.
- 3) Remove potatoes from pot, toss with oil, lay in a single layer on a Parchment Paper lined Jelly Roll Pan. Sprinkle with Seasoning.
- 4) Bake for 15 minutes, then broil for 5 minutes, or until crispy.

## Upcoming "Stocked" Events

**MONDAY, APRIL 27, 2009**

FOX17 WXMI Morning News Segment  
We will be discussing The Stocked Host system!  
8:40AM

**SATURDAY, MAY 16, 2009**

Holland Sentinel's Family Day Out  
Come visit our booth and learn more about The Stocked Host!  
9 AM to 2 PM  
Holland Civic Center  
[Printable Driving Directions and Map](#)



We love bringing you tools that make creating healthy and delicious meals easier. Thank you for joining us on this great adventure.

**Best,**

Sarah Kallio and Stacey Krastins  
The Stocked Host

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