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July 2009



The Stocked Kitchen Newsletter

"Stocked" Tips

SUMMER HEAT

Some days it is just too hot to cook. We like to keep a summer salad in our refrigerators for a quick and easy meal on those hot days when you don't want to run the stove. Side it with a slice of ham or some grilled chicken.

We like to keep some of these on hand:

PASTA SALAD
POTATO SALAD
RICE SALAD
COLESLAWS

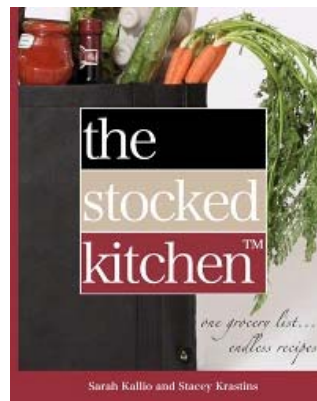
or for a complete meal:

CHICKEN SALAD
HAM SALAD
EGG SALAD

Welcome to The Stocked Kitchen. We hope you like the new name as much as we do.

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

Pre-Order The Stocked Kitchen



Pre-order our new book "The Stocked Kitchen". This book contains over 300 recipes all using our same standardized grocery list, full color photos, and our magnetic grocery pad for only \$24.00.

Books will ship the first week August.

www.thestockedkitchen.com

"Stocked" Recipe (one from our new book)

Mediterranean Rice Salad

Quick Links

**PRE-ORDER
"The Stocked
Kitchen" book
NOW!**

Buy our Book
"Taste" Now!



See a list of
current retailers!

We are now available at:

Pitkin Drug & Gift
Shope
Whitehall, MI

Summer salads are great to bring to a family or neighborhood BBQ or just to have on hand for those hot days. This Rice Salad is one of our "signature" dishes and is sure to impress.

- 1 C Rice
- 1 15 oz can or 2 C Chicken Broth
- 1/4 C Lemon Juice
- 2 cloves Garlic, minced
- 1 t Salt
- 1 15 oz can Northern/Cannelini Beans, rinsed and drained well
- 3/4 C Feta Cheese
- 1 Roasted Red Pepper, diced
- 1/2 C Fresh Basil, chipped
- 1 t Dill Weed
- 3 Green Onions, very thinly sliced

- 1) In a saucepan bring Rice and Broth to a boil, reduce heat, cover and simmer for approximately 30 minutes or until liquid is absorbed. Remove from heat and cool.
- 2) While the Rices is cooling, whisk together Lemon Juice, Garlic, and Salth. Gradually drizzle in Olive Oil which whisking to emulsify.
- 3) Toss with remaining ingredients and chill for at least 1 hour before serving.

Upcoming "Stocked" Events

Coast Guard Festival Craft Fair



Friday, July 31st, 9am - 7pm

August 1st, 9am - 5pm

Grand Haven, Michigan

We are excited to share with you that we will be launching our new book, *The Stocked Kitchen*, at the 2009 Coast Guard Craft Fair in Grand Haven, Michigan this summer. It is going to be a great event so stop by say hello, and pick up a copy of our new book which will contain over 300 recipes all using the same standardized grocery list. **We have not added any ingredients to the list!**



The Seasoned Home, Authors Book Signing



Saturday, August 15th, 1pm - 4pm
Holland, Michigan

Pick up a copy of our new book *The Stocked Kitchen* at The Seasoned Home and get it personally signed by us. You will also be able to try a sampling of some of our recipes.

If you live in West Michigan we hope you will stop by our booth . Coast Guard Festival this year to check out the new book, our ne name, and to let us say thank you for all your support.

We hope you are enjoying your summer!

Stacey Krastins & Sarah Kallio

The Stocked Kitchen



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