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June 2009



## The Stocked Host Newsletter

### "Stocked" Tips

#### Quesadilla Fillings

Make use of leftover meats, shrimp, or chicken you may have. If you don't want to use meat you may also use black beans. If you don't have any onions or tomatoes on hand just go ahead and use salsa instead. That's how easy quesadillas are.

Quesadillas are great served with tortilla chips and our Spanish Rice recipe found in The Stocked Host Taste book.

#### Quick Links

[Buy our Book "Taste" Now!](#)

[See a list of current retailers!](#)

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" Recipe

### White Cheesy & Chicken Quesadillas

Quesadillas are like the Mexican equivalent of a grilled cheese sandwich. They are quick and easy to prepare and you can use all sorts of ingredients. A quesadilla is made by filling a flour tortilla with a combination of cheese and your chosen ingredients and then folding it in half and heating it in a fry pan until golden brown on both sides.

- **2 T Cream Cheese**
- **1/8 t Garlic Powder**
- **1/3 C Diced Tomatoes, drained**
- **1/4 C Feta, Blue, or Gorgonzola Cheese**
- **1/2 C Mozzarella Cheese**
- **1 T Black Olives, chopped (optional)**
- **1/4 lb Chicken, bonless, skinless, cooked and diced**

- 1) Mix together Cream Cheese and Garlic Powder. Add in Diced Tomatoes, Cheeses, and Black Olives.
- 2) Divide the mixture into two and spread mixture over the Tortillas. Top with cooked Chicken. Fold filled Tortilla in half.
- 3) Place uncooked Quesadillas in a dry fry pan over medium heat. Place a dinner plate on top the the Quesadillas to flatten them while cooking. Make sure the plate is heat resistant.
- 4) Cook for 3 minutes or until they ar golden brown on the bottom. Flip the Quesadillas over the folded end and replace plate on top. Cook second side for 3 mintues or until golden brown.
- 5) Remove from the fry pan, cut both cooked Quesadilla into four pie shaped pieces.

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"Stocked"  
Press

Check out our latest  
press releases!

[Muskegon  
Chronicle Article](#)

[Women's Lifestyle  
Northshore Article](#)

Serve with Sour Cream and Salsa.

Upcoming "Stocked" Events



**Coast Guard Festival Craft Fair**  
**July 31 & August 1, 2009**  
**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.

**The Seasoned Home, Authors Book Signing**  
**August 15, 2009**  
**Holland, Michigan**

Pick up a copy of our new book *The Stocked Kitchen* at The Seasoned Home and get it personally signed by us on August 15, 2009. Put the date on your calendar and look for the times in our next newsletter.

We are offering a 30% discount on "Taste" this month to help clear out the inventory before the release of our next book in July. The Stocked Host Taste makes a great hostess gift for summer events or as a baby or bridal shower gift. It's a great deal at under \$12 a book.

Thank you again for all the support you have given us. We hope you are enjoying your summer.

**Best,**

Sarah Kallio and Stacey Krastins  
The Stocked Host

**Save  
30%**

It's your last chance to get a discount on The Stocked Host Taste at our website. This month and save **30% off** of the online price to help us clear out our inventory. Receive over 100 recipes, a magnetic grocery pad, and a realistic system for getting dinner made every night! Click [here](#) to order now and use Coupon Code: STOCK30

Offer Expires: July 3, 2009

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