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May 2009



The Stocked Host Newsletter

"Stocked" Tips

Summer Grilling

It is time to dust off the outdoor grill and heat up the coals. Seeing the sun shine makes us want to grill up a quick and easy dinner any day of the week. Here are some great tips when grilling meats.

Chicken:

Slather chicken with barbecue sauce the last 10 minutes or so of grilling, this will prevent the sauce from burning.

Flank Steak:

Because Flank Steak has a thicker center and tapered ends, it is a great piece of meat to get grill results from medium rare (center) to well done (ends).

Quick Links

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

Grilled Chicken topped with Cucumber Thai Salsa and Grilled Potatoes

To save time on kitchen clean up, you can grill not only your chicken but your side dish too. We have suggested Potatoes, but remember if you can slice it, you can grill it, so use what you have in your crisper (Tomatoes, Bell Peppers). You can also make the Thai Salsa in advance to save time.

GRILLED CHICKEN with CUCUMBER THAI SALSA

- 1 lb. Boneless, Skinless, Chicken Breasts
- 1 t Grill Seasoning (or plain Salt and Pepper)

- 1) Heat up the barbecue until it's nice and hot.
- 2) Sprinkle Chicken with Grill Seasoning of your choice.
- 4) Grill Chicken on indirect heat with cover on for about 25-30 minutes or until cooked through. The closed lid will create an oven like atmosphere that will keep your chicken juicy.
- 5) Remove and spoon Salsa over top before serving.

CUCUMBER THAI SALSA

- 1 English Cucumber, chopped
- 1 t Salt
- 1/4 C Fresh Basil
- 1 T Ginger
- 2 T White Wine Vinegar
- 2 T Honey

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- 2 T Vegetable Oil
- 1/4 C Bell Pepper, chopped
- 3 T Peanuts, chopped

- 1) Combine ingredients thoroughly.
- 2) Chill in refrigerator or make ahead.

GRILLED POTATOES

- 2-3 lb of Potatoes, washed, peeled and cut into 1/2" thick pieces
- 1/2 Onion, cut into large slices
- 2-3 T Olive Oil
- 2 t Grill Seasoning

- 1) Clean and cut Potatoes
- 2) Coat with Olive Oil and sprinkle with Grill Seasoning.
- 3) Place Potatoes and Onion pieces in two layers of Aluminum Foil and close top to create a closed pouch.
- 4) Place on barbecue and cook on direct heat, 30 minutes.

Upcoming "Stocked" Events

Coast Guard Festival Craft Fair

July 31 & August 1, 2009

(Friday & Saturday)



We are excited to share with you that we will be launching our new book at the 2009 Coast Guard Craft Fair this summer. It is going to be a great event, so stay tuned for more details.

We love bringing you tools that make creating healthy and delicious meals easier and are working hard on our new book due to be launched in July 2009. This next book will have over 300 recipes all using items from our "Stocked" Grocery List. Keep looking for it and thank you for joining us on this great adventure.

Best,

Sarah Kallio and Stacey Krastins
The Stocked Host

Save

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