

# HEALTHY *Pantry*

*Good Food, Good For You*

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## Kitchen Chat

### Healthy and helpful food preparation tips

Mary from Idaho writes: My favorite time-saving tip in the kitchen is to plan two meals in one. Spaghetti and meat sauce one night turns into a meat ball sub the next. With only one night of cooking and a few alterations the next night, I've got two kid-friendly meals.

We want to hear from you! Send your "Kitchen Chat" tips via e-mail to [kitchen-chat@healthypantry.com](mailto:kitchen-chat@healthypantry.com)

## Top Ten Ways...

### ...To Spend a Lazy Summer Day

1. In a pool.
2. On a beach.
3. With a good book.
4. At a farmer's market.
5. At a picnic.
6. With people you love.
7. With a faithful four-legged companion.
8. With a cool, sweet treat.
9. On a bicycle trail.
10. On a porch swing.

## Kitchen Club

### Membership benefits and opportunities

Kitchen Club Cook-of-the-Month contest. This month's cooking challenge is for all you chocoholics out there. We're looking for the best chocolate chip cookie recipe we can find. Remember that you have to feature at least three Healthy Pantry ingredients in your recipe.

Last month's challenge was to create a protein rich meal for vegetarians. The winner was Leslie Pane from Cincinnati, Ohio, and her Mango and Chickpea Salad. Visit the Kitchen Club members-only website to try it tonight.

Also on the website, you'll find an archive of all of our past winners, recipes and tips from our celebrity chef judges and discount coupons for some of the ingredients you'll need.



## Kitchen Art

### New uses for your favorite products

This quick, healthy and satisfying side-dish will score big points with even your pickiest eaters.

#### Ingredients

- 1 package Healthy Pantry prepared mixed vegetables
- 1 cup Healthy Pantry shredded cheese, "Pizza Mix"

#### Preparation

1. Microwave the vegetables according to package directions, in a glass casserole dish with a lid.
2. While the vegetables are still hot, sprinkle the cheese on top and replace the lid. Let sit for 5 minutes.
3. Featuring one or two recipes incorporating a company product.



## Kitchen Secrets

### What's coming up

We're working on several new salad dressings for the upcoming picnic season, and we'd love your input on favorite ingredients or flavors. Send your ideas via e-mail to [newproducts@healthypantry.com](mailto:newproducts@healthypantry.com).



## Top Five ...

### ...Most Surprising Things You Can Cook on a Barbecue

1. Lettuce
2. Pizza
3. Bananas
4. Cookies
5. Almonds

