

MARSELS



Fall 2015

MagicKitchen.com's Seasonal Newsletter for the best in Delicious Home-style Meals, Delivered.

President's Table

After a long, hot summer, fall finally arrives with leaves changing color, cooler weather, football games, and often a lot more on the to-do list. Kids go back to school. Some retirees head south for the winter. And the steady approach of the holidays begins. When you try to calendar all the activities, events, and day-to-day responsibilities you and your family have, it's easy to wonder how you'll get it all done.

People are busier than ever for all kinds of reasons, according to a recent survey. It's practically made multi-tasking a survival skill. Talk on the phone while you're on a walk. Visit with a friend and send text messages to others at the same time. Double book yourself for appointments, hoping the first one ends early. Or try and get a car full of kids to soccer games at different places at the same time. And if you skip meals or settle for fast food and unhealthy snacks because you're crunched for time, you're not alone. Sound familiar?

We know life can get busy. But if you think you're too busy to eat healthy, it's time for a change. You might not have time to cook a main course meal every night and linger around the dinner table talking about the latest buzz. But you can eat healthy, and it doesn't have to take a lot of time.

At MagicKitchen.com, we've created dozens of healthy meals along with special diet meals made especially for people with special dietary needs. Every meal is made from fresh ingredients, flash frozen, and delivered right to your door. All you have to do is heat it up in the microwave or oven, and you can be eating a healthy meal in minutes with no mess, no dishes, and no complaints from picky eaters (there's something for everyone on our menu).

When you realize it's dinner time, there's no need to stress out about what you're going to eat. But when you're busy, you need a way to get dinner on the table, fast. We can help. Stock up on some MagicKitchen.com meals, and you'll be able to feed everybody in minutes when you're short on time. Healthy food that's easy to make with little to no mess in the kitchen. You can even multi-task while the meals are in the microwave.

Michelle Tayler
President

Greg Miller
CEO



"The season for enjoying the fullness of life -- partaking of the harvest, sharing the harvest with others, and reinvesting and saving portions of the harvest for yet another season of growth."

-Denis Waitley

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Thanksgiving Preview

Thanksgiving. It's an American tradition that dates back almost 400 years. At that first feast, the Pilgrims and Wampanoag Indians dined on food like roasted duck and venison, seafood, cabbage, onions, and squash. And there was so much food, they ate and celebrated for a week. Amazing how today's Thanksgiving celebrations still look a lot like that first feast.

You can be thankful you don't have to hunt for food, cook over an open fire, or eat in a make-shift shelter. But if you're hosting the Thanksgiving meal for family or friends this year, cooking for a big group can still be a challenge. At MagicKitchen.com, we've got everything you need to serve your guests hot, healthy, and delicious food for the big meal. If someone can't be with you this year, MagicKitchen.com has Thanksgiving options to send to those family & friends as well.

Thanksgiving packages are available for 2-12 people or more! They consist of the following dishes, or can be bought a-la-carte.

Roast Turkey Breast

All you have to do is put this 3.5-pound roast turkey breast in the oven (frozen or thawed), and it will be done in under 90 minutes.

Magic Mashed Potatoes

Forget about washing and peeling a bag of potatoes. These can be ready in minutes heated in the microwave or warmed in the oven. We've even got Turkey Gravy to go with the potatoes.

Sweet Potatoes, Mashed

The Thanksgiving meal wouldn't be complete without a side of sweet potatoes on the table. Our chefs have whipped up some mashed sweet potatoes for your big meal with a little maple syrup and butter.

9-Grain Whole-Wheat Rolls

Skip the hard part and just heat these whole-wheat rolls, flavored with a touch of molasses, in the oven and enjoy.

Green Beans

Your guests will love the taste of our French green beans with mushrooms and cream sauce seasoned with herbs and melted Parmesan cheese.

Apple & Sage Stuffing

Today, stuffing is a staple served with turkey and all the trimmings for Thanksgiving. You'll enjoy our Apple & Sage Stuffing made with herb focaccia whole-wheat bread, spices, fresh applesauce, and sautéed onions and celery.

Pie for Dessert

Finish off the Thanksgiving meal with pie for dessert. Pumpkin Pie is the standard, and of course we have that. We've also got several family-sized options perfect for your big meal like Dutch Apple Pie and Raspberry Rhubarb Pie, both made with hand-rolled crust and fresh fruit.



We've got you Covered for Breakfast, Lunch, or Dinner!

When it's meal time, there's nothing more frustrating than having a recipe in mind, only to discover you're missing important ingredients. Spaghetti without any sauce, pancakes without any eggs, or burgers without any buns. End up in a pickle like this, and you're forced to figure out another meal plan. Fortunately, you don't have to settle for scrounging through the cupboard for something to eat. We've got you covered with healthy and delicious meal options for breakfast, lunch, and dinner.

Breakfast

Want to start your day out right? Eat breakfast. In a study published in the journal *Circulation*, researchers found that eating a healthy breakfast can help prevent obesity, high blood pressure, high cholesterol, and diabetes. Separate studies show that starting the day with breakfast can also have a positive effect on memory, attention, and learning. Stock up on healthy breakfast meals like the Cheesy Vegetable Omelet, Sausage & French Toast, or Buttermilk Pancakes served with sweet potatoes and cinnamon apples.

Lunch

Fast food restaurants serve an estimated 50 million meals per day. But what you get on the menu isn't exactly healthy. Most serve high-calorie meals loaded with sodium, cholesterol, and sugar. But you don't have to hit up the drive-thru for lunch. We've got some mouth-watering options perfect for lunch like Vendura Gourmet Artisan Flatbread with Kalamata Olives, Vegetable Barley Beef Soup, or Zesty Orange Chicken Tenders served with corn and pepper medley, and mixed greens.

Dinner

It wasn't that long ago that dinner was an eat-at-home-around-the-table affair. Today, people are busier than ever, and cooking at home can be a challenge. But it doesn't have to be. Pick out your favorite MagicKitchen.com meals, and you can have dinner on the table in minutes. Try the Lobster Ravioli & Tomato Cream Sauce, Cheese Ravioli with Marinara Sauce, or the Chicken Pot Pie.

Forget about trying to keep track of a long shopping list, running out of ingredients, or turning to fast food as a default when it's meal time. Put some MagicKitchen.com meals in your freezer, and breakfast, lunch, and dinner will be a breeze.



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Meal Solutions for the Flu Season

Like it or not, flu season arrives every year beginning in the fall. At first, only a few people come down with the sniffles and sneezes. But as falls turns to winter, more people come down with a cold. No one wants to get sick, but it's hard to avoid. Your best defense: Get the flu vaccine. Wash your hands with soap and water frequently. And eat a healthy diet.

If you do catch a cold or come down with the flu, or you're taking care of someone who's under the weather, healthy foods with the right vitamins and nutrients can help.

Foods with Zinc

While eggs may be known for being a good source of protein, they're also high in zinc. Research shows that zinc helps strengthen your immune system, and may even speed recovery by a few days when you have a cold. Try the Cheese Omelet or Egg Patties served with sweet potatoes and asparagus.

Foods with Vitamin C

Vitamin C has been a homeopathic remedy for the common cold for decades. But does it really work? In one recent study, researchers found that increasing the amount of vitamin C you consume at the onset of a cold can significantly speed recovery. Supplements are a popular source of vitamin C, but it's also found in a variety of foods like berries, citrus fruits, bell peppers, broccoli, cauliflower. Take care of your cold with Broccoli & Cauliflower with Cheese Sauce, Stuffed Peppers with Marinara Sauce, or Broccoli, Mushroom & Zucchini Soup.

Foods with Vitamin A

Catching a cold or trying to fight the flu takes a toll on your body's immune system. To get better, you need all the help you can get. Rest and plenty of fluids works well. But calling in reinforcements can help you get better faster, and that means adding more vitamin A to your diet. It's another nutrient found in foods like sweet potatoes, carrots, spinach, and kale that can strengthen your immune system and help you get better. Try the Cheese & Spinach Manicotti with Marinara Sauce, Carrot-Zucchini-Walnut Muffins, or a side dish of Mashed Sweet Potatoes.

Foods with Vitamin E

Your get-well meal plan should also include foods high in vitamin E. It's another nutrient that helps boost your immune system. It's also helps control cholesterol and protect your heart. Foods high in vitamin E include sunflower seeds, almonds, spinach, and asparagus. You'll like the 9-Grain Rolls made with whole-wheat flour, sunflower seeds, and other ingredients, Chicken Artichoke with Spinach, and Grilled Chicken with Florentine Rice, Asparagus & Carrots.

Don't Forget the Soup

Focusing on getting the right nutrients when you're battling the flu is important. But something as simple as hot soup can help too. Soup can also provide essential nutrients you need to strengthen your immune system. And when it's heated up, it helps clear sinus passageways and relieve congestion. Check out our selection of soups.