



We Are Nature's Baker.

eRecipe Club

Newsletter Issue: September 2008

Dear Club Member,

Summer is ending and autumn is around the corner, but the weather is still warm enough to enjoy a meal or snack by the pool or on the patio. We've got a great sandwich and some nibbles to help you enjoy the last golden days of the season.

These easy recipes use a variety of Nature's Own sandwich breads that you likely have on hand. Add a few simple ingredients and you're ready to head outside and savor the final days of summer!

Eat well and be well,

Flowers Foods Kitchen Staff

Stay Cool Cooking

The days are getting shorter but the sun's warmth lingers. Make the most of these last nice days by dining alfresco and using our Cool Cooking Tips. The featured recipes require little or no oven use, so time is spent outdoors—not sweltering in the kitchen!



FEATURED RECIPES

Tuna Niçoise Sandwiches



Hard-cooked eggs, tomato slices and an herb and olive tuna salad are layered in this easy and delicious sandwich version of Niçoise salad.

Turkey Pinwheel Bites



Fresh spinach and tomato add color to these bite-size turkey pinwheels that are fun to make and eat!

Creamy Apple & Carrot Roll-Ups



A filling of honey-sweetened cream cheese blended with crisp apple chunks and shredded carrots is rolled up in whole wheat bread for a tasty poolside snack.



Salmon & Cucumber Canapés

Simple salmon salad is transformed into elegant appetizers when spooned over thinly sliced cucumber and toasted bread rounds.

[<< Click the card for recipe](#)

Cool Cooking Tips

Keep you and your kitchen cool during warm weather with these seasonal cooking tips:

- Use your microwave for more than defrosting, melting and reheating. It's great for cooking farm-fresh vegetables in just a few cool minutes.
- Make double-duty meals. Grill extra meat and vegetables to use all week long in salads and sandwiches.
- Have a weekly sandwich night. Set out leftovers and other sandwich fixings and let everyone design their own creation. Serve cold or hot off the grill.
- Use small kitchen appliances—such as toaster ovens and slow cookers—if you must cook indoors. They radiate less heat.
- Choose stove-top meals rather than those baked in the oven.
- Let the supermarket do the cooking. Rely on deli meats and store-bought rotisserie chicken to use in recipes.



[Click here](#) to view more healthy recipe ideas from Nature's Own.

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