



We Are Nature's Baker.

eRecipe Club

Newsletter Issue: July 2009

Dear Club Member,

Summer is in full swing and your repertoire of easy, breezy meals may taste ho-hum by now. Breathe new life and bold flavors into daily meals with our tantalizing summer sandwiches!

Served on Nature's Own 100% Whole Wheat Hot Dog and Sandwich Rolls, these sandwiches are packed with flavorful ingredients, such as feta cheese, roasted red pepper, prosciutto, blue cheese, avocado and salsa. Plus, all go from kitchen to table in about 30 minutes!

Eat well and be well,

Flowers Foods Kitchen Staff

BOLD SUMMER FLAVORS!



By mid-summer your taste buds crave a new twist on hot dogs, chicken and burgers. Try one of our easy, zesty sandwiches tonight and your taste buds will thank you!

Southwest Turkey Burgers

Featuring Nature's Own 100% Whole Wheat Sandwich Rolls

Salsa, green onions, cumin and oregano give flavorful flair to these juicy turkey burgers. So does the creamy avocado-lime topping!



Mediterranean Turkey Rolls

Featuring Nature's Own 100% Whole Wheat Hot Dog Rolls

Roasted turkey breast, cucumber, roasted red pepper and red onion are tossed with lemon-garlic vinaigrette and served in hot dog rolls topped with tangy feta cheese.



Buffalo Chicken Sandwiches

Featuring Nature's Own 100% Whole Wheat Sandwich Rolls

An appetizer favorite becomes a hearty meal! All the flavors of Buffalo wings—hot sauce, celery and blue cheese—make this chicken sandwich irresistible.



Prosciutto-Wrapped Cheese Dogs

Featuring Nature's Own 100% Whole Wheat Hot Dog Rolls

How do you make an ordinary hot dog sensational? Stuff it with cheese, season it with herbs, wrap it in prosciutto and top it with tomatoes and basil! Easy and out of this world!

The Perfect Picnic

July ushers in a season of gathering with close friends and loved ones, and nothing is more fun than a summer picnic. When packing your picnic basket, follow these tips from the Grain Foods Foundation to ensure a healthy, fun time is had by all.



Variety is the slice of life.

There are numerous varieties of breads to choose from: white, whole grain, cinnamon raisin, oatmeal and abundant types of buns -- the possibilities are endless.

Made with Love.

If you want to get really creative, use cookie cutters to transform your child's picnic sandwiches into a work of art – or even into their initials. These little surprises are sure to bring a smile to their faces.

BYOS – Bring your own sandwich and SHARE!

Bring your own sandwich and SHARE! This is part potluck, part tea party. Ask your picnic partners to bring their favorite sandwich. The catch (and the fun) is – everyone will cut their sandwiches into tiny squares, the modern day cucumber sandwich, and share!

Even better the second time.

There's no better way to save on time and money than with leftovers. When cleaning up after dinner, instead of putting the leftovers into storage containers or even the trash (gasp!), take out the bread and sandwich bags and get to work. Friday's leftover chicken and veggies will make a delicious sandwich for Saturday's picnic.

Tick Tack Dough.

Mix up the bread in your children's sandwiches, using one slice whole wheat and one slice enriched white and then after cutting the sandwiches into quarters, flip two of the quarters over to make a checkerboard. It is a great way to start introducing kids to whole grain bread. Kids love fun-looking food, even if it's good for them!

Put Some Pep in your Prep.

To avoid a soggy situation, leave the dressing and veggies off your sandwiches until you arrive at your destination. Slice your tomatoes and cucumbers and put them in a hard plastic container until they're ready for the main event. Keep your condiments packed tightly and make sure they're kept cold to prevent spoiling.

Would You Like Fruits and Veggies with That?

Many of us stick with the tried-and-true picnic sides like potato chips or potato salad. Try pretzels or crackers instead of chips and a pasta salad with lots of vegetables. Other popular favorites include apple slices topped with peanut butter or create ants on a log (peanut butter-filled celery sticks, topped with raisins). This will give the little ones plenty of steam and moms will love the extra nutrition. Summertime is an excellent time to focus on eating all five food groups every day. Enjoy!



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