



Winter 2025

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

## President's Table

Dear Magickitchen Customers,

As the crisp winter air arrives, we wanted to express our heartfelt thanks for being part of the Magickitchen.com family! We believe winter is a perfect time to nourish your body with delicious, healthy meals that keep you warm and energized.

We've included time-saving shortcuts and easy entertaining ideas for a stress-free and delightful season. But remember, healthy living isn't just about food! We'll also be sharing exercise tips to help you stay active throughout the winter months.

Our vision at Magickitchen.com goes beyond just meals; we want to help you understand how to properly fuel your body. We believe in consistently eating delicious, healthy meals that nourish you from the inside out, allowing you to live a vibrant and healthy life. But that doesn't mean sacrificing fun! We encourage you to embrace life's passions, big and small, and savor every delicious moment – after all, it's important to smell the roses along the way.

Thank you for being a part of the Magickitchen journey! We're committed to providing you with the highest quality kitchenware and ingredients to inspire your healthy creations.

Warmly,

**Michelle Tayler**  
President

**Greg Miller**  
CEO



[www.magickitchen.com](http://www.magickitchen.com)

# Menu Updates!

We have some healthy and delicious new menu items we are excited to share with you.



## **Vegetable Stew**

This vegetable stew will surprise you with its depth of flavor. We fire-roast garden-fresh tomatoes, then add more fresh vegetables and spices for a healthy, nutritious, delicious meal.



## **Chocolate Fudge Brownies**

A rich, fudgy brownie that will satisfy your cravings for chocolate. Our brownies are baked to perfection, with a chewy texture and a deep, chocolatey flavor.



## **French Onion Chicken, Chicken Breast with Rib Meat in Sauce, Orzo & Green Beans**

This dish features juicy, pan-seared chicken breasts simmered in a savory caramelized onion gravy.



## **Chili Glazed Salmon, Potatoes & Zucchini**

Tender, flaky salmon is glazed with a sweet and spicy chili sauce, offering a delightful kick. Crispy roasted potatoes and tender zucchini complete this satisfying dish.

## **Gentle At-Home Exercise Routine for Seniors**

Staying active is key for seniors to stay flexible, strong, and healthy. Always check with your doctor before starting a new exercise routine.

Here are two exercises to try:

- **Chair Raises:** Sit tall in a sturdy chair. Lift one knee towards your chest, then lower it. Alternate legs. This improves circulation and core strength.
- **Arm Circles:** Stand with your arms extended out to the sides. Make small circles forward, then reverse the direction. This improves shoulder mobility and flexibility.

These exercises are just a starting point. Remember to listen to your body and adjust as needed.

*This information is for general knowledge and informational purposes only and does not constitute medical advice. Always consult with a healthcare professional before starting any new exercise program. Stop if you experience any pain or discomfort.*



## Easy Entertaining Ideas for Stress-Free Winter Gatherings

Winter months offer a perfect opportunity for cozy gatherings with friends and loved ones. Here are a few easy entertaining ideas to brighten up your winter:



**Game Night Extravaganza:** Host a game night featuring a variety of board games, card games, and puzzles. Provide cozy blankets, warm drinks, and delicious [MagicKitchen.com](https://www.magickitchen.com) snacks for a fun and relaxed evening.



**Soup and Bread Bar:** Organize a soup and bread bar where guests can choose from a variety of homemade or [MagicKitchen.com](https://www.magickitchen.com) soups and enjoy them with a selection of crusty breads, cheeses, and fresh vegetables.



**Hot Chocolate and Movie Night:** Create a cozy movie-watching experience with hot chocolate, popcorn, and a selection of your favorite winter films.



**Warm Up with a Chili Cook-off:** Host a friendly chili cook-off where guests bring their best chili recipe to share. Provide all the fixings, such as sour cream, cheese, and onions, for a delicious and competitive gathering.

# Healthy BBQ Pulled Pork Lettuce Wraps

**Yes,  
Chef!**

## Ingredients:

- 1 lb cooked MagicKitchen.com BBQ pulled pork (2 servings)
- 4 large leaves romaine lettuce
- 1/2 cup chopped cucumber
- 1/4 cup chopped red onion
- 1/4 cup chopped bell pepper (any color)
- 1/4 cup chopped cilantro
- 2 tablespoons plain Greek yogurt
- 1 tablespoon lime juice
- 1 teaspoon honey (optional, for slight sweetness)
- Salt and pepper to taste

## Instructions:

1. Combine: In a bowl, combine the pulled pork, cucumber, red onion, bell pepper, and cilantro.
2. Make the dressing: In a separate small bowl, whisk together the Greek yogurt, lime juice, honey (if using), salt, and pepper.
3. Assemble: Place a generous spoonful of the pulled pork mixture into each lettuce leaf. Drizzle with the dressing.
4. Serve: Enjoy immediately.



*Laughter is brightest in the place where the food is. – Irish Proverb*

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