



Editor's Note: In April, we featured Stacey Krastins and Sarah Kallio and their new book *The Stocked Host*. (Go to www.womenslifestylenorthshore.com, click on archives, click on the April edition and check out the article on page 6.) Since then, they have changed their name to The Stocked Kitchen, a name that we agree fits their philosophy well. And what is their philosophy? If your home is stocked with items on the recommended list they provide, you are prepared for any dining situation, including drop in guests, special occasions and nightly meals with your family. The Stocked Kitchen grocery list includes the basic ingredients you need to make literally hundreds of good tasting recipes. For example, the index in their book is listed by ingredients, not recipes. So if you have a ½ green pepper left, you look up green pepper in the index and it will lead you to recipes that call for green pepper.

Their latest book is due out as this magazine went to press so go to www.thestockedkitchen.com to check out where you can purchase their books and learn more about The Stocked Kitchen and its inventive creators Stacey and Sarah.

THE STOCKED KITCHEN SHARES A MENU

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Chicken Strips

SERVES 6

- 1 lb. Boneless, Skinless Chicken Breasts
- 1/2 C Milk
- 2 t Lemon Juice
- 8 dashes Tabasco Sauce
- 1/2 C Butter Crackers
- 1/2 C Bread Crumbs
- 1 t Grill Seasonings

1. Preheat oven to 425°F. Cut Chicken lengthwise into 1 - 2" wide strips.
2. Whisk together Milk, Lemon Juice, and Tabasco Sauce in a mixing bowl. Add Chicken and toss with milk mixture until Chicken is coated.
3. In a Resealable Storage Bag, place Crackers and seal. Finely crush Crackers with a rolling pin. Add to the Crackers the Bread Crumbs and Grill Seasonings.
4. Remove the Chicken from the Milk with a slotted spoon and place Chicken in bag with crumb mixture. Seal bag and shake to coat Chicken.
5. Place the Chicken on a Parchment Paper covered jelly roll pan.
6. Bake for 20 minutes. Check the center of the thickest piece of chicken to make sure it's cooked through. Serve with Honey Mustard Dipping Sauce (recipe below).

Honey Mustard Dipping Sauce

- 1/2 C Mayonnaise
- 2 T Mustard
- 2 T Honey
- 1 t Lemon Juice

1. Mix together ingredients. Chill and serve.

