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Dear Friend,

Since October is Breast Cancer Awareness Month, why not treat yourself to a great spatula and contribute to a good cause? For food this week, we've got an easy chicken recipe.

Why don't you invite your friends to sign up for the newsletter? My goal is to double the readership, so if everyone reading this can get a friend to sign up...Or you can click the icons above the logo to send to a friend, Twitter, Facebook, or LinkedIn.

Enjoy!

Anne



GIR: Cool Kitchen Gadgets & Pink For a Cause

Are you of the belief that there can't be too many kitchen gadgets? The Accidental Locavore is always open to playing with cool new gadgets (especially when they look good and work well!). So I was excited when a big package from GIR (Get it Right) with all their new products arrived.

<u>GIR:</u>



Naomi Pomeroy's Wedding Chicken

This is a chicken dish supposedly so delicious that Naomi Pomeroy served it on her wedding day, so the Accidental Locavore had to give it a try. It's a pretty simple dish and I made it easier by eliminating a lot of chopping. It does need time to marinate, so plan ahead. Serves 4 if everyone gets two pieces. I had some surprisingly huge thighs, so one apiece was plenty.

Chicken:





October Calendar Plenty of pumpkins ready for carving! Download the calendar:

Huffington Post & The Daily Meal

The Accidental Locavore is now part of Huffington Post! Click here to follow on HuffPost. And here to see what I'm up to on The Daily Meal.

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