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*This Week's Give
A Penny Quotes*

"Southerners love to feed people. If you want to insult a Southerner, leave their house hungry or without eating."

~Unknown

"A kind word is free yet can be the most valuable part of a person's day."

~ Nancy Stout

"When faced with two choices, simply toss a coin. It works not because it settles the question for you, but because in that brief

Hey Janice!

Do you sometimes dedicate the first few minutes of your day to the care and feeding of your anxiety?

Crazy thought, right? But that might be exactly what you're doing each day. It might even be what you were doing right before you started reading this.

Because when we wake up and immediately launch into our daily frenzy of thoughts about our to-do lists, deadlines, things we're irritated with or dreading- instead of just taking a few moments to breathe, be grateful, and get our heart and mind centered in the right place before launching ourselves out into the frenzied pace of the world outside of us, we're really and truly choosing to Exercise our anxiety instead of our heart and spirit.

Guess what is gonna end up strongest at the end of that day when we begin our mornings like that? You got it. That big old anxiety muscle. eep!

I know you don't have time to slow down entirely but I also know you can take a few precious minutes. Close your eyes, breathe in and out, think of all your blessings and settle them over your heart like a warm blanket.

That's better.

Things always look better when you've got a strong gratitude muscle!

Gratefully,

Christy

NEW This Week!

moment when the coin is in the air, you suddenly know what you are hoping for."

~ Author Unknown

"No one can make you feel inferior without your consent."

~Eleanor Roosevelt

[Click here to read more quotes and submit your own.](#)

Melinda asks, "Hey Christy! I'm planning on having folks over for Sunday dinner. We don't entertain much and I was wondering what you'd suggest for the menu and preparations?"

*Hey Melinda!
Thanks so much for asking such a great question! I love to have people over for dinner and have been able to do this quite a lot lately.*

I approach this situation a little differently from how a lot of folks do. I never worry about things like "tablesapes" or place settings, having floral centerpieces or such like that. When I



Sticky Chicken

The recipe has evolved and been tweaked over the years but the flavorful sticky marinade that clings to the chicken is still every bit as good as folks remember from the days when Granny used to make it for Sunday dinner.

[Click here to get the Recipe for Sticky Chicken](#)



Fried Dill Pickles

These are just plain good in my mind so let me show you how easy they are to whip up!

[Click here to get the recipe for Fried Dill Pickles](#)

Popular Recipes This Week

invite people into my home and to my table, I treat them like family.

This means we all sit down to corelle plates and often mismatched silverware. We set the places with tea glasses older than I am and paper napkins, and I either set up a buffet where folks dish their own food out of the pots it was cooked in, or I put items in pyrex bowls in an assortment of patterns and colors to pass around.

However, I know a lot of people who get great enjoyment out of making everything "just so". If this is you, go for it! If you prefer nicer dinnerware, I'd consider a nice set of all white, that you can dress up with accent pieces in different colors for different seasons (and as your taste changes over the years). Look to your own garden or nature for flowers, and browse Pinterest for inexpensive table decor items.

I just spend most of my time looking forward to the company of friends and making sure I put my heart into every dish I make. When you come to my house, you're not treated as company, you're treated as family. Sure, this means a little less fuss, but it also means you can kick your shoes off, go back for seconds or thirds, and if something gets broken it's no big deal. :)



Chocolate Cobbler

A standard dessert in my childhood, this decadent cobbler is inexpensive, and doesn't even require an egg!

[Click here to get the recipe for Chocolate Cobbler](#)



YooHoo Ice Cream

Try making this super creamy and oh so yummy ice cream! If you don't have any YooHoo at hand, chocolate milk will work in a pinch.

[Click here to get the recipe for YooHoo Ice Cream](#)



Butter Stewed Potatoes

*Whichever direction you take, don't fret. **Your gracious heart and open door will be a blessing to whoever enters your home.***

Here is a typical Sunday Dinner menu for me:

[Slow Cooker Chicken and Wild Rice](#) - we go to a later service at my church so I get up early and cook my rice and get the chicken going in the slow cooker on high. That way my main course is done as soon as we walk in the door. Another great thing about this dish is that if I end up with more people than I'd planned, I just break the chicken up into pieces within the rice and it goes much further.

[Fresh Fried Corn](#) - I prepare this fully on Saturday and heat it up when we get home in the microwave - it still tastes fresh.

[Mozzarella Tomato Melts](#) - These are really easy to throw together and put in the oven as soon as you get home. They bake up in no time under the broiler. I allow two halves per person.

[Sweet Tea](#) - I make this the morning before church as well. I usually make one gallon with Splenda and one with sugar.

[Front Porch Salads](#) make a great dessert that you can make weeks ahead of time and keep in the freezer, or

Stewed potatoes are something I make fairly often for my family because they are so stinking easy to whip up and make a filling side dish to go with just about everything. I can also honestly say that there have never been any left, no matter how much I make.

[Click here to get the recipe for Butter Stewed Potatoes](#)



Lela's Fried Peach Pies

These are my great grandmother's pies. Lela loved to make fried pies and the only kind we ever remember her making was peach. If you missed seeing me make these with Al Roker on the Today Show, you can watch that video in this post!

[Click Here to get the recipe for Lela's Fried Peach pies](#)

try a refrigerator cake that can easily be made 2-3 days ahead of time.

HAVE A WONDERFUL DINNER and thank you for keeping this tradition alive!

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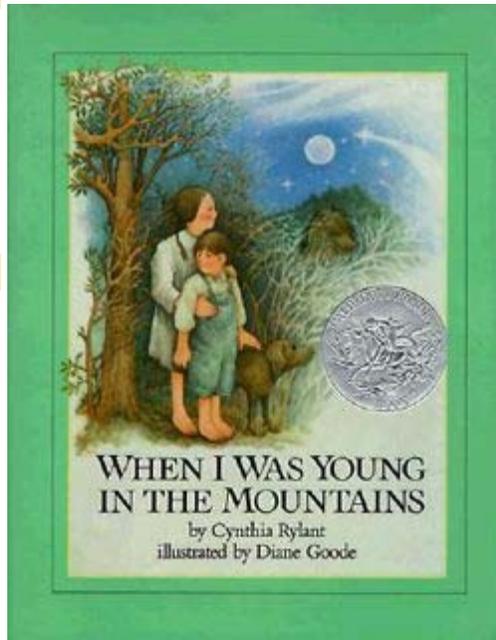
THANK YOU!

I really appreciate all of your help in supporting what I do.

When you tell your friends about the Southern Plate family, visit SouthernPlate.com, and forward these emails it helps our family to grow and supports Southern Plate!

Thanks for all that you do and thanks for being here!

Gratefully,
Christy
Phillipians 1:12



When I Was Young, In The Mountains... NEW Video

This is my latest story time video and I think you'll find that adults enjoy this story every bit as much as the kids do! Such a precious telling of simpler times.

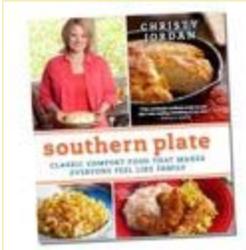
[Click here to watch this story time video for all ages](#)



Calling ALL Kids!

This summer I would LOVE to publish your drawings and artwork in your own special section on Southern Plate and even share some of them on our Facebook page!

Send me an email at kids@southernplate.com with a photo of your artwork along with your name, age, and name of your state to be featured on Southern Plate! I would love to see artwork showing what you have been up to this summer, your family, your pets, or even



[Click here to buy Christy's Southern Plate Cookbook](#)

"Start children off the way that they should go, and when they are old they will not depart from it."

~Proverbs 22:6

Cute joke :)

What fruit is twice as good as the others?

A pear.

Any fun family events going on in your or my neck of the woods this weekend? Give me a holler on the [My Facebook Page](#) and let us know!

Also, if you enjoyed this newsletter, I'd love to hear from you on Facebook or in the comments section on [Southernplate.com](#)!

your favorite things to eat!

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"Let no one ever come to you without leaving happier." ~Mother Teresa

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