



A LIFE WELL FED

Recipes to Remember

Confessions from a Pantry

Volume 5: July 2, 2024

Recipe of the Week and Contest Winners!

Hello Everyone,

A big thank you to all who participated in our first giveaway. Thanks to the generous donation from our partners at Smithey, this is just the beginning of many more! We hope you'll continue to join in the fun, share our mission with your friends, and help spread the word about our cause and the fight to end Alzheimer's.

We had a pretty good turnout for our first attempt. (Like everything, it's a learning curve and I confess.... this curve is pretty steep.)

- **Entries – We had a total of 156 entries in just 18 days. If you were already a subscriber to *Confessions from a Pantry*, or donated before June 12, 2024 you were automatically entered to win.**
- **A total of 19 people took their best guess at *What's in my Kitchen?* and five people guessed correctly. And what you've been holding your breath to know... the answer to *What's in my Kitchen?* is limoncello, and this recipe will be featured in the cookbook. Like all recipes, they are tested at least twice. This recipe is so dang delicious that I may have to test it a third time.**

- The best part...we raised \$875 in less than 3 weeks. WOW! How good is that!

Contest Winners!



THE WINNERS OF THE SMITHEY #6 CAST IRON SKILLET (randomly drawn by my granddaughter Tatum) are:

- **Patty Stafford, Atlanta, GA**
- **Pam Ungashick, Kansas City, MO**

Patty and Pam, keep an eye out for an email with more details.

Recipe of the Week

That's all for now. Have a wonderful 4th of July, and if you're looking for something out of the ordinary to serve, check out the Recipe of the Week - **Crispy Salmon Bites**. And while it may not scream red, white, and blue, it DOES scream delicious!

On behalf of my entire family and the team of volunteers here at [A Life Well Fed](#), thank you for

your unwavering support on this journey.

I wish you good health, happiness, and a life well fed.



Katly

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