

JULY 2018

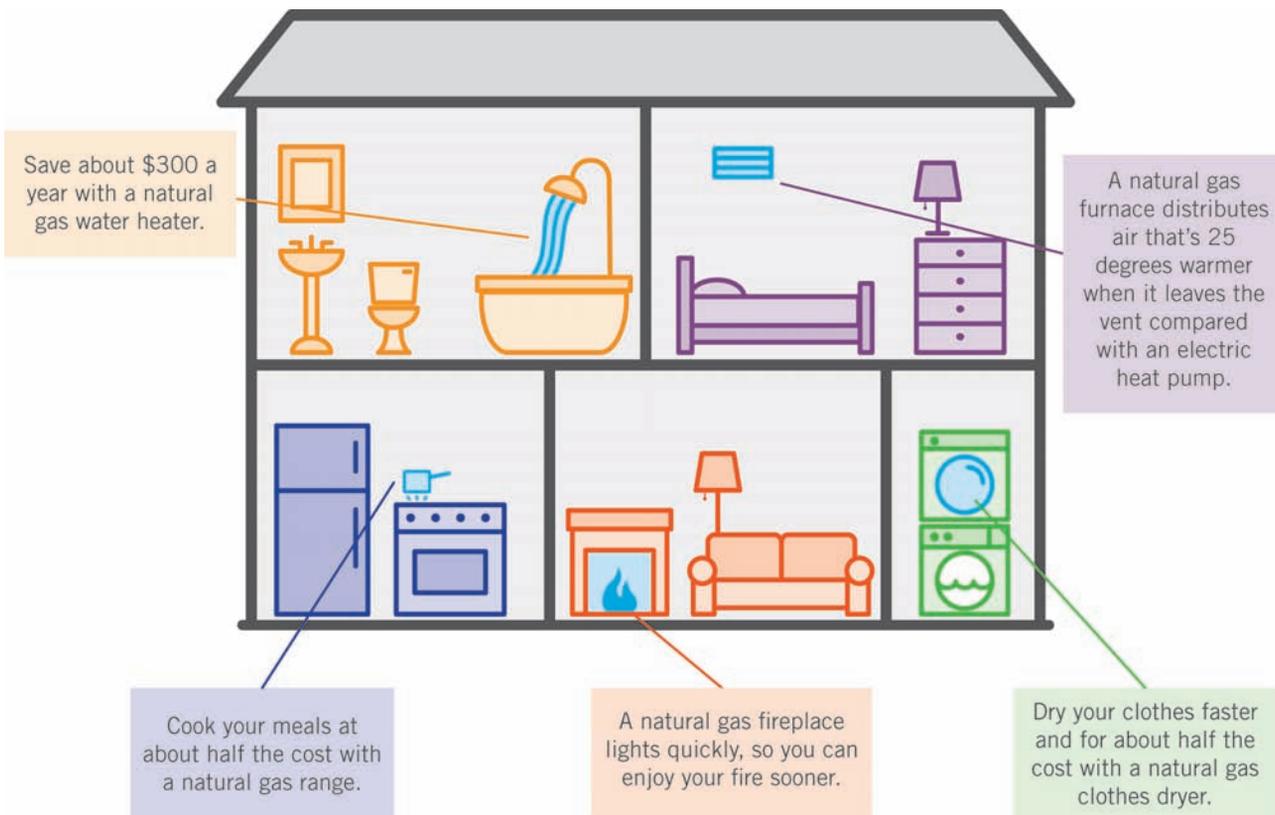
# NATURAL GAS MATTERS

A BETTER TOMORROW STARTS TODAY.

## NATURAL GAS FOR YOUR ENTIRE HOME



Whether you find comfort from a hot shower, home-cooked meal or the savings that come with lower energy bills, natural gas is the choice for you. From room to room, natural gas helps you feel right at home.



Learn more about the benefits of natural gas at [www.kansasgasservice.com](http://www.kansasgasservice.com).

## JOIN US FOR THE 811 RUN!

Kansas Gas Service is a proud sponsor of the annual Kansas 811 Run, which promotes safe digging practices. Join us in Wichita's Riverside area on August 11 to run 8.11 kilometers and spread the word about digging safety. All proceeds from the event benefit the Kansas Food Bank.

Be sure to check our Facebook or Twitter page for more information. We hope to see you there! And remember, always call 811 at least two full business days before you dig to have underground utilities marked to prevent injury and outages.



## THE NATURAL CHOICE FOR SUMMER FUN

*Natural gas isn't just for winter! Check out all the ways natural gas can enhance your outdoor space this summer:*



**Natural Gas Grill** – A natural gas grill can be connected directly to your home's natural gas system (by a certified plumber), eliminating the hassle of charcoal or refilling heavy propane tanks. Plus, cooking outdoors reduces heat in the kitchen – keeping energy costs low.



**Outdoor Natural Gas Lighting** – Outdoor natural gas lighting can illuminate your entire outdoor living area after dark and can be adjusted from inside your home or put on a timer.



**Pool Heater** – According to the American Gas Association, natural gas pool heaters warm water twice as fast as electric heaters and are the more energy-efficient choice, saving you money on your energy bills.



**Patio Heater** – These umbrella-shaped units radiate heat downward to warm a 12- to 20-foot area and are most effective when temperatures are between 50 and 70 degrees.

Visit your local retailer or the Hearth, Patio and Barbeque Association at [www.hpba.org](http://www.hpba.org) to learn more about the benefits of natural gas appliances for outdoor living.

## CILANTRO LIME CHICKEN WITH AVOCADO SAUCE

For your next summer cook out, fire up the natural gas grill and try our recipe for Cilantro Lime Chicken with Avocado Sauce. Looking for more recipes? Follow @KansasGas on Twitter and like Kansas Gas Service on Facebook for recipes and cooking tips.

### Ingredients:

- ½ cup minced fresh cilantro, separated
- 5 tablespoons fresh lime juice, separated
- 1 ½ tablespoons olive oil
- 4 skinless, boneless chicken breasts
- 1 avocado, peeled and pitted
- ¾ cup nonfat plain Greek yogurt
- 4-6 tablespoons water or broth
- Salt

### Directions:

1. Combine 2 tablespoons cilantro, 2 ½ tablespoons lime juice and olive oil in a small bowl. Pour over chicken breasts and marinate for at least 5 minutes.
2. Remove chicken from marinade and sprinkle with salt to taste. Discard remaining marinade.
3. Heat your natural gas grill, or grill pan, to medium-high heat. Grill chicken for 6 minutes on each side or until done.
4. Combine avocado, yogurt, dash of salt and remaining lime juice and cilantro in a food processor until thick and smooth. If needed, add water or broth to achieve desired thickness.
5. Serve sauce over warm chicken – enjoy!

