



# Spice it Right with Watkins

April 2004

Have you been thinking about taking a cooking course? Maybe you want new ideas for family cooking or some neat entertaining recipes and tips! We have the solution for you ... **HOST a Good Tastings Event.** You will have the opportunity to get any of the above. It's as easy as inviting your friends to your home for an hour of "tasting". Give me a call & we can arrange a time that will work for us both.



## TIPS FOR THE KITCHEN

- Placing a cake that has just come out of the oven on a damp cloth for a couple of minutes will help it come loose from the pan and prevent sticking.
- To have a nice flat cake top, cut a piece of towelling the width of the cake pan, and long enough to wrap around and overlap slightly. Wet the towel strip and place it around the cake pan, pinning or fastening it snugly. Bake cake as usual (no, it won't burn). Your cake will be nice and even on top because the edges cook at the same rate as the rest of the cake.
- Want to make chocolate chip cookies, but are out of chocolate chips? Get creative and raid the pantry. Some tasty alternatives that will usually work well mixed into any chocolate chip cookie recipe include: raisins, dates, coconut, nuts, chopped candy bars, toffee bits and dried fruits.
- If you freeze then thaw an Angel Food cake, it will slice with less crumbs.
- Perk up a fresh fruit salad by adding some undiluted, frozen juice concentrate, such as orange, or grapefruit.

Special thanks to Lili Willick, Silver Executive for these tips!



## Watkins Can Be the MORE You're Looking For!



What's the "more" you're looking for in life? More time with your family? More passion for your work? More cash, less debt? More recognition and rewards? More respect as a business person? More vacations to exotic places? More improvements to your home? More opportunities for your children? As a Watkins Associate you can have more, do more, and enjoy more. Having a Watkins business, can be the "more" you're looking for in life.

As an independent Watkins business owner, you'll enjoy the freedom of designing your own schedule, according to your priorities.

- Need a more flexible schedule to be there when your family needs you the most? No problem.
- Want to enhance your current income by investing a few hours a week? You're not alone.
- Ready to give it your all from the word go? Good for you!

No matter how much time you invest, you're in control of your Watkins business! But there's more to enjoy than just control of your time ... You'll enjoy all the many "perks" that come with a Watkins business. I'd be delighted to tell you more! Give me a call!



## Watkins Degreaser ... Can't be without It!



Great for grease spots (food or mechanical) on clothing – even if the garment has been washed and dried already! It even works for washable silks (always test first). Wet the spot, then put a small amount of full-strength **DEGREASER** on it, rub gently, let stand for at least 15-20 min. and wash. The Result... no more grease stain. For greasy work clothes, put ¼ c in washing machine.

Also great for cleaning range hoods & fans. Use diluted for walls or floors. Mix equal parts **DEGREASER** and **ORGANIC CLEANER** for washing dishes (great for your hands too). Mechanics can clean engine parts – (it will help protect against rust) The uses are endless if it's a grease-based product, **DEGREASER** will remove it in hot or cold water!

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## Health Cookies

Who ever said "healthy" can't be delicious too?!

|                                   |                                      |
|-----------------------------------|--------------------------------------|
| 1 cup brown sugar                 | 1/2 tsp salt                         |
| 1/2 cup butter                    | 1/2 cup crushed nuts                 |
| 1 egg                             | 1/2 cup grated carrots               |
| 1/4 cup flax (seed or ground)     | 3 tsp water                          |
| 1 tsp <b>Watkins D.S. Vanilla</b> | 1 cup raisins                        |
| 1 cup flour                       | 1 3/4 cups oatmeal                   |
| 1/2 cup wheat germ                | 1/2 tsp <b>Watkins Baking Powder</b> |
| 1/2 cup chocolate chips           |                                      |

Beat sugar, eggs and butter & vanilla till smooth. Add dry ingredients alternately with carrots and water. Drop by teaspoon onto cookie sheet sprayed with Watkins Cooking Spray, approx. 2" apart. Bake @ 350 F for 10-12 minutes.



DID YOU KNOW....

That Watkins Products all have a 100% money-back guarantee? That's right, if you're not absolutely delighted with the Watkins Product you've purchased, we'll gladly exchange it for another product or refund your money... you choose! We want happy customers!

## Quick n' Easy Chicken



Most of us are always looking for "easy" recipes to make. This one is easy and low in fat and calories... perfect for the "weight conscious"!

For 4 chicken breasts (2 cut in half), mix 4 TBSP of Watkins Onion Soup & Gravy with 2 tablespoons Watkins Mushroom Soup & Gravy and add enough orange juice to make a thin paste. Baste over chicken. Bake covered for 45 to 60 minutes at 375°. Serve with white or brown rice. To add flavor to the rice, add to the water before cooking 1 to 2 tablespoons of Watkins Chicken, Onion and/or Mushroom Soup and Gravy Bases.

## Strawberry French Toast

1 pkg (240 g/ 6 oz) cream cheese, softened  
 3/4 cup sliced fresh strawberries  
 1/3 cup confectioners' sugar  
 1 loaf French bread, cut into 1-inch slices  
 10 eggs  
 2/3 cup half-and-half or whipping cream  
 1 tsp **Watkins D.S. Vanilla**

In a mixing bowl, beat cream cheese, strawberries and confectioners' sugar until combined. Spread about 2 tablespoons on one side of half the bread slices; top with remaining bread. Place sandwiches in an ungreased 13-in. x 9-in. x 2-in. baking dish. In a bowl, beat the eggs, cream and vanilla. Pour over the bread. Turn each sandwich. Cover and refrigerate for 8 hours or overnight. With a slotted spatula, transfer sandwiches to a greased 15-in. x 10-in. x 1-in. baking pan. Discard any remaining egg mixture. Bake at 375° for 15 minutes; turn and bake 10 minutes longer or until golden brown. (Makes 10 servings)

## STRAWBERRY SAUCE

4 c sliced fresh strawberries  
 1/2 c sugar  
 2 TBSP water

Combine the strawberries, sugar and water in a saucepan. Cook over medium heat for 5 minutes, stirring occasionally. Serve French toast with strawberry sauce and Maple Syrup (optional).

## Danish Blueberry Coffee Cake



|  |                                 |
|--|---------------------------------|
| 2 c white flour                              | 1/3 c melted butter             |
| 1 c whole wheat flour                        | 1 c fresh or frozen blueberries |
| 1 c sugar                                    | 2 tsp <b>Watkins Cinnamon</b>   |
| 2 eggs                                       | 3/4 c brown sugar               |
| milk   | Watkins Cooking Spray           |
| 2 TBSP <b>Watkins Baking Powder</b>          |                                 |
| 3-4 tsp <b>Watkins Danish Pastry Extract</b> |                                 |

Mix first four ingredients in a bowl. In measuring cup, lightly beat eggs and enough milk to equal 2 cups of liquid. Add to dry mixture with Danish Pastry Extract. Stir well. Add butter last. Pour into cooking sprayed 9x12 pan. Sprinkle with blueberries (press them into batter a little), top generously with Cinnamon, then brown sugar. Spray over sugar with Watkins Cooking Spray. Bake at 375F for 30-35 min. Recipe may be halved for 8x8 pan.

## Tropical Chicken Salad



|          |                         |
|----------|-------------------------|
| 1/2 c    | Miracle Whip            |
| 1/2 c    | shredded carrots        |
| 1/4 c    | Watkins Tropical Salsa  |
| 1/4 c    | chopped green onions    |
| 2-3 c    | cooked, chilled chicken |
| 3 c      | torn lettuce            |
| 1 c      | pea pods, blanched      |
| 1/2 TBSP | chopped nuts, optional  |

Combine Miracle Whip (or mayonnaise) and Tropical Salsa. Set aside. Dice or shred chicken. Combine chicken, pea pods, carrots and onions. Mix dressing into chicken/vegetable blend. Put lettuce on plate(s), mound chicken salad on top of lettuce, sprinkle with chopped nuts. Listen for the mmmm!

For a NEW way to make chicken tasty, baste chicken pieces with Tropical Salsa and bake at 350°F for 45-55 minutes. This is delicious and the chicken is very moist. Serve over rice or with Garlic Mashed Potatoes (easy with Watkins Liquid Garlic Spice).