



# Spice it Right with Watkins

May 2004

How would you like to have a "Spring Party" with a few of your friends when I bring the food? Does it sound too good to be true? Well it isn't ... that's just exactly what we do in our **Watkins Good Tasting Parties!** We want you and your friends to enjoy a delightful hour of tasting Watkins gourmet foods and learning tips about easy Spring and Summer entertaining. We would love to make this an event to enjoy and remember for everyone so we'll find out what foods and type of entertaining you like best ... that's what we'll feature! Call me today to book & ask for the **FREE Special Product Sample Folder** just for booking in May!

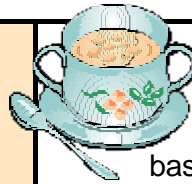


## BLAZIN' CAJUN CHICKEN

This recipe is so easy and delicious you'll find yourself using it often!

- 6 Chicken thighs or breasts
- 1/2 C Parmesan cheese
- 2 TBSP **Watkins Blazin' Cajun Snack & Dip Mix**
- 1/4 C **Watkins Original Grapeseed Oil**
- 4 drops **Watkins Garlic Liquid Spice**

Mix cheese and dip mix. Dip chicken into Grapeseed oil that you've added the liquid spice to. Roll in cheese and dip mixture. Spray baking pan with Watkins Cooking Spray before placing the chicken in it. Bake 45 min at 375°F. Delicious served with new baby potatoes.



## CREAM OF CARROT SOUP

It's so easy and delicious when you use a base of **Watkins Cream Soup Base**. Simply peel 2 large carrots, cut in 1-inch pieces and cook until tender (Do it quickly in the microwave with a tablespoon of water). While this is cooking, make a recipe of the "thin cream sauce" recipe that is on the **Watkins Cream Soup** container. When carrots are cooked, blend in food processor or blender and add to the bubbling cream soup. Mix thoroughly and serve.

Thanks to Eileen Jensen for this great recipe!

## VEGETABLE CHOWDER

- 2 TBSP **Watkins Original Grapeseed Oil**
- 1 1/2 C coarsely chopped onion
- 2 1/2 C thinly sliced carrots
- 1 1/2 C peeled and cubed potato
- 1 C water
- 1 1/2 TBSP **Watkins Chicken Soup Base**
- 1 tsp **Watkins Dill Weed**
- 1/2 tsp **Watkins Celery Seed**
- 1/2 tsp **Watkins Black Pepper**
- 3 C low-fat milk
- 1/4 C all-purpose flour
- 1 1/2 C thinly sliced zucchini
- 1 C finely shredded sharp cheddar cheese
- Salt and **Watkins Black Pepper**, to taste



In large Dutch oven or kettle cook onions in hot oil until softened, about 5 minutes. Stir in carrots, potato, water, Chicken Soup Base, Dill Weed, Celery Seed, and Black Pepper; bring to a boil. Cover and simmer until vegetables are crisp-tender, 8-10 min. Meanwhile, in a small bowl mix milk and flour until smooth. Add zucchini and milk mixture to kettle; cook and stir over medium-low heat until soup is thickened, about 10 minutes. Stir in cheese; cook over low heat until cheese melts, about 1 minute; keep warm. If desired, Season to taste with salt and **Watkins Black Pepper** and top with homemade croutons. Makes 6 servings.

## NO-GUILT "GUACAMOLE"

- 10 oz fresh or frozen, cut asparagus
- 2 tsp fresh lime juice
- 1-1/2 tsp, more or less to taste **WATKINS Jalapeño Hot Pepper Sauce**
- 1-1/2 tsp **WATKINS Onion Granules**
- 1/2 tsp **WATKINS Garlic Granules**
- 1/4 tsp **WATKINS Cumin**
- 1/8 tsp salt
- To taste, **WATKINS Cilantro**
- 1/3 C seeded, chopped & drained ripe tomato
- 3 TBSP canned chopped green chiles

Cook asparagus until tender; drain well. Cool, then pat dry with paper towelling. Place in blender along with next seven ingredients; blend until smooth. Stir in tomatoes and green chiles. Make 1-1/2 cups.

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# Barbecue Time is Anytime!



That's right, you can barbecue all year ... in some places outside, in other places you're maybe doing it inside a garage or covered area. We couldn't wait to share some great recipes everyone will enjoy using with the barbecue!



## **Delicious Portobello Mushrooms**

They are so easy you'll hardly believe they could taste so good. Wash and remove stems. Brush

with **Watkins Meat Magic** and then **Watkins Garlic & Parsley Grapeseed oil**. Leave on the grill until browned and heated through. Serve with your favorite meat or delicious as an appetizer! Thank You Teresa Carosella



## **Jamaican-style Chicken**

1/4 C **Watkins Meat Magic**  
3/4 C white wine  
2 tsp **Watkins Jamaican Jerk Grilling Rub**  
1/8 C **Watkins Garlic & Parsley Grapeseed Oil**

Place above ingredients in a zip-lock bag and marinate for 2 hours or overnight. Spray marinated meat with Watkins Cooking spray before grilling. Also excellent using pork chops. Thanks to Teresa Carosella

## **Twice Grilled Chicken Fajitas**

3 TBSP **Watkins Fajita Seasoning**  
1/2 C **Watkins Grapeseed Oil**  
1/3 C lime juice  
1 1/2 lbs skinless, boneless chicken breasts  
1 large onion, thinly sliced  
1 large green or red bell pepper, cut into thin strips  
1 pkg 10-inch flour tortillas, softened  
1/2 C ketchup  
3 TBSP **Watkins Mesquite BBQ Sauce**

Combine first 3 ingredients; mix well. Add chicken & marinate 30-60 minutes. Remove meat from marinade (reserve marinade). Grill or broil until done. Remove to cutting board & slice into long strips.

While meat is cooking, lightly sauté' the onions and peppers in reserved marinade. (Note: you can sauté on the grill if you use a cast iron skillet). Place some of the chicken and onion/pepper mixture on each of the flour tortillas. Roll tortilla around the filling. If necessary, fasten with a wooden toothpick to keep fajita together.

Combine ketchup and Mesquite BBQ Sauce. Place rolled tortillas back on grill & baste with prepared sauce; cook until golden brown on all sides.

## **MORE QUICK TIPS...**

If you don't have a BBQ grill basket for your BBQ Stir Fry, a disposable aluminium 9 x 13 in. pan works just as well. Just poke a few holes in the bottom for venting. Using **Watkins Liquid Spices** when stir frying is easy, tasty & healthy!

Spray the food you're grilling with **Watkins Cooking Spray** and nothing will stick to the grill. You will really love this tip when you're grilling shish kebobs.

Combine **Watkins Garlic Liquid Spice** with melted butter and use as a basting sauce for fish, seafood, chicken, or steak

## **Microwave Teriyaki Sauce**

1/2 C **Watkins Meat Magic**  
1/8 C packed brown sugar  
1TBSP lemon juice  
1/2 tsp **Watkins Ginger**  
1/8 tsp **Watkins Garlic Powder Granules**

Mix together above ingredients and microwave on high for 2 minutes. Remove and add: 2 rounded tsp cornstarch dissolved in 1/8 cup water, stir well. Microwave on high, stirring at 20 second intervals until thickened and clear. Baste over chicken before and during cooking. Use as dipping sauce for steak.

## **Do You Like to Meet People?**

Better yet, would you like to be making money meeting people? That's what we do with our Watkins Business. We get out and meet people, offer them a product line that can improve their life and save them money. We also do this in the enjoyment of their home with "Tasting Parties". It's so easy ... you've met one Host that now introduces you to maybe 10 of her friends. Watkins has all the training materials for you so doing these events will be fun and easy for you .... And I promise you'll have my personal support too! Call me today and I'd be delighted to give you more details and perhaps get you started having fun and making money too!