



Spice it Right with Watkins

June 2004



Hello Most Valued Customer! We are delighted to supply you with this newsletter each month and hope you're enjoying the recipes and ideas that have been shared. By the way, if you have a wonderful recipe using our Watkins products we'd love to receive it and maybe it can be a part of one of our future newsletters!

The barbeques and summer entertaining are truly beginning. Watkins has some great ingredients to make those occasions yummy and most memorable! In fact, we'd love to do a Good Tastings Event at your home ... perhaps in your backyard or on the deck... where we'd feature recipes and ingredients that will dazzle your friends and family. Just give me a call and we'll set a date, and you'll love the FREE products that can be yours based on sales and bookings!

Quiche à la Lorraine

4 eggs	2 TBSP Watkins Omelet & Soufflé Seas.
1 c cream (canned is okay)	1/4 tsp Watkins Garlic Granules
1 c grated cheddar cheese	1 TBSP Watkins German Mustard
1/2 lb cooked bacon, crumbled	2 TBSP Watkins Bacon & Onion Dip
1 small onion, diced & cooked	

Mix all ingredients and fill 30 frozen unsweetened tart shells. Bake at 350°F for 15 minutes. Thanks to Lorraine Clayton, Manager

Bacon & Onion Cheese Ball

Try a new cheese ball using our "Bacon & Onion Snack and Dip Mix". Mix 4 oz. of cream cheese and about 1 heaping tablespoon of the dip mix. You may need more or less depending on your taste. Roll in **Watkins Omelette and Soufflé Seasoning** and serve with wheat thins.

Cheddar Cheese-Stuffed Burgers

16 ounces lean ground beef	1/4 teaspoon salt
1 TBSP Watkins Onion Flakes	1/4 tsp Watkins Onion & Garlic Pepper
1 TBSP Watkins Parsley Flakes	3/4 c grated sharp cheddar cheese
2 tsp Watkins Meat Magic	Watkins BBQ Sauce diluted
4 large hamburger buns (cut in half horizontally)	

Prepare barbecue (medium-high heat). Combine meat, onion, parsley, Meat Magic, salt and pepper in medium bowl; blend well. Divide meat mixture into 4 equal portions. Shape each into ball. Poke deep hole in each ball and fill each with 3 TBSP of cheese. Mould meat around cheese to enclose. Flatten each filled burger to 3/4-inch-thick patty. Brush burgers with BBQ sauce diluted per bottle instructions. Grill burgers to desired doneness, about 5 minutes per side for medium. Lightly grill buns. Serve burgers in buns.





Sugar Snap Peas with Papaya Salsa



1	c peeled, seeded & diced papaya
1	TBSP Watkins Cilantro
1	tsp Watkins Minced Green Onions
2	tsp lime juice
2	tsp rice wine vinegar
1/8	tsp salt
1/8	tsp Watkins Pepper
1	lb fresh Sugar Snap peas, trimmed

Combine first 7 ingredients in a bowl, toss gently, and set aside. Steam peas 3 min. or until crisp-tender; drain well. Place peas in shallow serving bowl and spoon papaya mixture into the center. Serve immediately. Yield: 8 (1/2 cup) servings.

Food for Thought!

-  To make perfect shaped deviled eggs, add a little salt to the boiling water and the yolk will be centered.
-  To avoid food discoloration in plastic containers, spray them first with **Watkins Cooking Spray**.
-  Don't waste table cream...if you don't use all of it before the expiry date, pour into ice cube tray & freeze.
-  For a delicious touch of cream to your soup recipe, add 1 frozen cube of cream (about 2 TBSP).

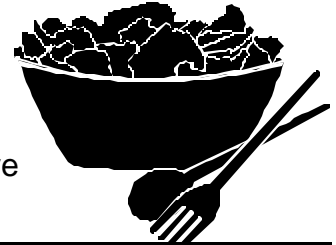
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*Get business Info.



It's the Season for Salads!

It doesn't matter if they are green vegetable type salads or fruit salads ... they are all good and good for you! We have some delicious new recipes and ingredients for you to try!



Introducing Watkins NEWEST flavor... "Mango"



What a perfect flavor for summer. You will love easy fruit dip ... serve it with your next fruit plate! Mix 1/2 package of 240 ml cream cheese & 1/2 bottle of marshmallow cream. Add 1-2 tsp **Watkins Mango extract** and blend well. Keep refrigerated until serving.



Honey-Mustard Coleslaw

- 1/4 c cider vinegar
- 1/4 c **Watkins Honey Mustard**
- 2 TBSP brown sugar
- 1 TBSP **Watkins Cole Slaw Seasoning**
- 1 tsp **Watkins Black Pepper**
- 1/2 c reduced-calorie mayonnaise
- 1/2 c low fat sour cream
- 3 c shredded green cabbage
- 3 c shredded red cabbage
- 1/2 c chopped green onion
- 1 c chopped red Delicious apple
- 1/2 c dark raisins, optional

In large bowl, whisk together the vinegar, mustard, sugar, Cole Slaw Seasoning, pepper, mayonnaise and sour cream until smooth. Add remaining ingredients; toss to coat. Cover and refrigerate at least 3 hours. Makes 8 servings.

ASPARAGUS SALAD

- 8 oz fresh asparagus, cleaned and trimmed
- 1 head lettuce, rinsed and patted dry
- 1/4 C coarsely chopped hazelnuts or other nuts
- 1/4 C Bleu or Regianno Parmesan cheese, crumbled
- 1/3 C **Watkins Original Grapeseed Oil**
- 1/4 Cup Raspberry Vinegar*
- 1/2 tsp **Watkins Garlic Peppercorn Blend, freshly ground**

Steam or poach asparagus until crisp-tender, chill thoroughly. Arrange lettuce in a large serving bowl or individual plates. Slice asparagus diagonally into 1-inch pieces; arrange on lettuce. Top with hazelnuts and Bleu cheese. Combine remaining ingredients; mix well. Drizzle over salad before serving. Makes 6-8 servings.

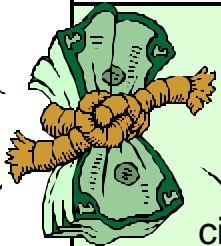
Raspberry Vinegar*

Combine 1 c red wine vinegar and 2/3 c sugar. Cook over low heat until sugar is dissolved. Remove from heat, cool, add 2-1/2 tsp. **Watkins Raspberry Extract**. Use instead of plain vinegar in salad dressings, marinades and sauces. Makes 1 1/4 cups.

Fruit Salad with Creamy Lemon Dressing

- 3 oranges, peeled & sectioned
- 2 bananas, sliced
- 1 medium apple, chopped
- 1 can (8.5 oz) pineapple tidbits, drained
- 1/2 c sour cream
- Toasted Almonds
- 2 TBSP honey
- 1 tsp **Watkins Vanilla**
- 1 tsp **Watkins Lemon Extract**
- Dash of **Cinnamon**
- 1/8 tsp **Watkins Nutmeg**

Combine all ingredients except almonds in medium mixing bowl; toss lightly. Chill at least 30 minutes before serving. Garnish with almonds. Makes 6 servings.



Are You Being Paid What You're Worth?

It's a fact that an employer cannot pay you what you're worth ... they need to make a profit too. So in actual fact, most of the time you're paid about 1/3 of what you are really worth. Are you happy with that? Especially when there is an opportunity available that could pay you what you're worth and you could get a raise when you wanted to. Watkins has been offering an incredible business and income opportunity since 1868 ... you'd have to believe with that many years of experience we know what we're doing. We'd love to give you more information on how Watkins could work for you ... just give us a call: