



Help Whip Cancer®



with the Pampered Chef®

Recognizing that one in seven women will be diagnosed with breast cancer in her lifetime, The Pampered Chef® has teamed with the American Cancer Society® for the sixth year in a row to "Help Whip Cancer®."

As my way of saying thank you, here is an assembly of delicious recipes from the Pampered Chef® that will make you feel "in the pink"!



Thank you for your support & Happy Cooking!



Fact

According to the American Cancer Society, breast cancer is the most frequently diagnosed cancer among women in the United States and is the second leading cause of cancer death in women. The Society estimates there will be 211,240 new cases of invasive breast cancer diagnosed in the United States this year.

Compliments of:

Jane Currin – Independent Director with The Pampered Chef
(919) 846-8614 jane@currin4.com www.pamperedchef.biz/janecurrin

Chocolate-Strawberry Skillet Cake

- 1 package (18.25 ounces) devil's food cake mix
(plus ingredients to make cake)
- 1 tablespoon butter or margarine
- 2 squares (1 ounce each) semi-sweet chocolate for baking
- 1 ½ cups thawed strawberry whipped topping
- 1 cup sliced strawberries

Directions:

Preheat oven to 350° F. Prepare cake mix according to package directions in a bowl; beat until smooth. Melt butter in a skillet over medium heat, tilting **skillet** to coat bottom. Gently pour batter over bottom of skillet, spreading evenly.

Bake, uncovered, 30-35 minutes or until cake tester inserted in center comes out clean. Carefully remove to **cooling rack**. Loosen edges of cake and carefully invert cake onto heat-proof serving plate. Cool Completely.

Chop chocolate using **Food Chopper**. Place chopped chocolate and butter in **Small Micro Cooker**. Microwave on high for 2 min. or until butter is melted. Stir until chocolate is completely melted.

Top with the whipped topping using **Large Spreader** or **Easy Accent Decorator**, garnish with strawberries, drizzle chocolate over cake. Let stand until chocolate is set. Store leftover cake in refrigerator.

Yield: 12 servings or 24 sample servings

Low-Fat Recipe: Instead of 2 eggs for cake mix, use 5 egg whites. Use margarine instead of butter. Use low-fat whipped topping.

Compliments of:

Jane Currin – Independent Director with The Pampered Chef
(919) 846-8614 jane@currin4.com www.pamperedchef.biz/janecurrin

Baked Alaska Cake (strawberry splash filling)

1 package (18.25 ounces) devil's food cake mix (plus ingredients to make cake)
3/4 cup semi-sweet chocolate morsels, divided
1 package (8 ounces) cream cheese, softened
1 cup powdered sugar
1 container (16 ounces) frozen whipped topping, thawed, divided (can be strawberry flavor or regular with food coloring)

Directions:

Preheat oven to 325° F. Grease and flour **Classic Batter Bowl**. Prepare cake mix according to package directions; pour into batter bowl. Bake 1 hour, 10 minutes to 1 hour, 15 minutes or until **cake tester** inserted in center comes out clean. Remove from oven to **stackable cooling rack**; cool 15 minutes. Run **large spreader** around outside of cake and gently turn out onto cooling rack, large end down. Cool 3 hours.

Using **serrated bread knife**, trim large end of cake to level. Place cake, large end down, onto **Simple Additions Medium Square**. To slice cake into four equal layers, slice cake horizontally in half. Slice each half into two equal layers.

Chop 1/4 cup of the chocolate morsels using **food chopper**; set aside.

Place remaining chocolate morsels in **Small Micro-Cooker**; microwave, uncovered, on high 20-60 seconds or until melted and smooth, stirring after each 20-second interval. In clean **Classic Batter Bowl**, whisk cream cheese until smooth using stainless steel whisk. Add powdered sugar; whisk until smooth. Stir in melted chocolate; mix well.

Fold 2 cups of the whipped topping and chopped chocolate into cream cheese mixture using **classic scraper**. Using **small spreader**, spread bottom layer of cake with about half of the filling, forming a 3/4-inch layer. Repeat with remaining layers and filling, ending with the top layer of cake.

Spread any remaining filling over outside of cake to create a smooth surface. Frost cake with remaining whipped topping.

To form decorative peaks, press spreader into topping and pull away. Repeat over entire surface of cake. For easier slicing, refrigerate cake at least 30 minutes.

To easily cut cake into servings, cut cake into eight wedges from top to bottom using utility knife. Carefully insert **Slice 'n Serve** horizontally into each wedge, dividing into two equal portions.

Yield: 16 servings

Nutrients per serving: Calories 410, Total Fat 23 g, Saturated Fat 11 g, Cholesterol 55 mg, Carbohydrate 44 g, Protein 4 g, Sodium 310 mg, Fiber 1 g

Filling variations:

Strawberry Splash: Omit chocolate morsels. Add 1/2 teaspoon unsweetened strawberry drink mix powder (such as Kool-Aid) to cream cheese mixture. Stir 1/4 cup chopped strawberries into cream cheese mixture. Proceed as recipe directs.

Magnificent Mint: Omit 1/2 cup melted chocolate. Add 1/4 teaspoon peppermint extract and 3-4 drops green food

Compliments of:

Jane Currin – Independent Director with The Pampered Chef
(919) 846-8614 jane@currin4.com www.pamperedchef.biz/janecurrin

coloring, if desired, to cream cheese mixture. Proceed as recipe directs.

Confetti Pasta Salad

1 cup coarsely chopped broccoli
1 cup coarsely chopped cauliflower
1 package (9 ounces) refrigerated cheese-filled tortellini, cooked and drained
1 medium carrot, thinly sliced
2 tablespoons thinly sliced green onions
1 garlic clove, pressed
1 cup sliced mushrooms
1/2 cup fat-free Italian salad dressing
1 teaspoon hot pepper sauce (optional)
1/2 cup (2 ounces) grated fresh Parmesan cheese

Directions:

Combine all ingredients except Parmesan cheese in **Classic Batter Bowl**; toss gently. Transfer to **Large Simple Additions Bowl**. Sprinkle with Parmesan cheese. Serve

Yield: 8 servings

Nutrients per serving: (1 cup): Calories 140, Total Fat 3.5 g, Saturated Fat 2 g, Cholesterol 15 mg, Carbohydrate 19 g, Protein 7 g, Sodium 490 mg, Fiber 2 g

Compliments of:

Jane Currin – Independent Director with The Pampered Chef
(919) 846-8614 jane@currin4.com www.pamperedchef.biz/janecurrin

Strawberry Lemonade Quencher

10 cups cold water

3/4 cup sugar

1 can (10 ounces) frozen non-alcoholic strawberry daiquiri mix, thawed

Whole strawberries (optional)

1 cup fresh squeezed lemon juice (4 to 5 large lemons)

Directions:

Place all ingredients except strawberries in **Family-Size Quick-Stir Pitcher**. Plunge until contents are thoroughly mixed. Garnish each glass with a strawberry, if desired. Serve chilled.

Yield: 12 (1-cup) servings.

Nutrients per serving: Calories 120, Total Fat 0 g, Saturated Fat 0 g, Cholesterol 0 mg, Carbohydrate 31 g, Protein 0 g, Sodium 5 mg, Fiber 0 g



By hosting a Help Whip Cancer Pampered Chef Kitchen Show Fund-raiser, The American Cancer Society will receive a percentage of total sales raised at an in-home cooking demonstration or via a catalog show. The purchase of "pink products" will mean the American Cancer Society will receive \$1.00 per Pink purchase and a percentage of the overall show sales.

The Pampered Chef, Ltd. 2002

Compliments of:

Jane Currin – Independent Director with The Pampered Chef
(919) 846-8614 jane@currin4.com www.pamperedchef.biz/janecurrin

Sparkling Lemonade

1 can (12 ounces) frozen lemonade concentrate
1 lemon
2 liters (8 cups) chilled ginger ale carbonated soda
1/3 cup raspberries

Directions:

Place lemonade concentrate in **Family-Size Quick-Stir Pitcher**. Add ginger ale; plunge until mixed. Score lemon using **Lemon Zester/Scorer**; cut into thin slices using **Utility Knife**.

Add lemon slices and raspberries to lemonade mixture. To serve, pour lemonade over ice into tumblers. Yield: 8 servings Nutrients per serving (1 ¼ cups): Calories 160, Total Fat 0 g, Saturated Fat 0 g, Cholesterol 0 mg, Carbohydrate 43 g, Protein 0 g, Sodium 25 mg, Fiber less than 1 g.)

"All women are at risk of developing breast cancer, even those who have no family history of the disease," says Julie Christopher, corporate spokesperson, The Pampered Chef. "Through early detection, education and improved treatment, more women are winning the fight against breast cancer."

Raspberry Lemonade

2 Liter Ginger Ale
Frozen lemonade concentrate
Frozen or fresh raspberries
Thinly sliced lemon

Mix Ginger Ale and frozen lemonade in **quick stir pitcher**; add cup raspberries - mash up in quick stir pitcher; add thinly sliced lemon. Add thinly sliced lemon to the top of drink as a garnish.

Compliments of:

Jane Currin – Independent Director with The Pampered Chef
(919) 846-8614 jane@currin4.com www.pamperedchef.biz/janecurrin

Strawberry Margarita Squares

Prep time: 45 minutes Bake time: 10 minutes Cool time: 30 minutes Chill time: 3 hours

Crust

2 cups (66) fat-free mini-twist pretzels (1 cup crushed)

½ cup butter or margarine, melted

¼ cup sugar

Filling

2 packages (8 ounces each) cream cheese

½ cup thawed, frozen margarita mix concentrate (non-alcoholic)

2 containers (8 ounces each) frozen whipped topping, thawed, divided

1 package (3 ounces) strawberry gelatin

½ cup boiling water

1 package (10 ounces) frozen sliced strawberries in syrup

Fresh strawberry slices (optional)

Lime slices (optional)

Directions:

Preheat oven to 350°F. For crust, finely crush pretzels in resealable plastic bag with **Baker's Roller**. Melt butter in **Small Micro-Cooker** on HIGH 30 seconds or until melted. Add crushed pretzels and sugar; mix well. Press mixture onto bottom of **Rectangular Baker**. Bake 10 minutes. Cool completely.

For filling, beat cream cheese and margarita mix in **Classic Batter Bowl** until well blended. Fold in 2 cups of the whipped topping. Using **Large Spreader**, carefully spread cream cheese mixture evenly over crust. Refrigerate while preparing strawberry layer.

Place gelatin in **Small Batter Bowl**. Stir in boiling water; stir until completely dissolved. Add frozen strawberries and stir until strawberries separate and gelatin is thickened (a spoon drawn through mixture will leave an impression). Whisk in 3 cups of the whipped topping using **Stainless Steel Whisk**. Pour over cream cheese layer, spreading to edges. Refrigerate 3 hours to set.

Cut dessert into 15 squares. Garnish each serving with remaining whipped topping using **Easy Accent Decorator**. Top with fresh strawberry and lime slices, if desired.

Yield: 15 servings Nutrients per serving: Calories 330, Total Fat 23 g, Saturated Fat 16 g, Cholesterol 50 mg, Carbohydrate 26 g, Protein 3 g, Sodium 250 mg, Fiber 0 g Diabetic exchanges per serving: 1 starch, 1 fruit, 4 fat (2 carb, 4 fat)

Compliments of:

Jane Currin – Independent Director with The Pampered Chef
(919) 846-8614 jane@currin4.com www.pamperedchef.biz/janecurrin

Strawberry Slush

- 1 package (16 ounces) frozen strawberries in sugar, thawed and mashed
- 1 can (12 ounces) frozen apple juice concentrate, thawed
- 1 teaspoon lime zest
- 2 tablespoons lime juice
- 1/2 cup water
- 1 quart (4 cups) lemon-lime flavored carbonated soda, chilled

Directions:

Place thawed strawberries in **Classic 2 -Qt. Batter Bowl**; mash with **Nylon Masher**. Add remaining ingredients; mix well. Divide mixture evenly among three **Ice Shaver** tubs; freeze until firm. Remove frozen mixture from one tub. Shave ice mixture into **Chillzanne Mini-Bowl** using Ice Shaver. Place shaved ice and about 1/3 of the soda into **Quick-Stir Pitcher**. Plunge to mix ingredients. Repeat with the remaining two tubs of ice mixture and soda. Pour into glasses and serve immediately.

Yield: 9 servings or 14 sample servings

From May 1st – 31st, you can help raise funds by purchasing any of the following special Help Whip Cancer products: **Pink Ceramic Spreader** for \$10, **Pink Zebra Stripe Microfiber Towel** for \$8.50, **Pink High Heel Cake Server** for \$17 or **Pink Color-Coated Paring Knife** for \$13. The Society will receive \$1.00 for each product purchased.



Compliments of:
Jane Currin – Independent Director with The Pampered Chef
(919) 846-8614 jane@currin4.com www.pamperedchef.biz/janecurrin

Strawberry Sherbet

1 pint strawberries, hulled and very finely
1 orange
1 lime
1 1/2 cups milk (or substitute half & half)
1/2 cup sugar

Directions:

Finely chop strawberries using **Food Chopper**. Place in **2-Qt. Classic Batter Bowl**. Zest 1 teaspoon of zest from orange and lime using **Lemon Zester / Scorer**. Juice the orange and lime using **Juicer** to make enough for 3 tablespoons orange juice and 1 tablespoon lime juice. Add zest and juices to Batter Bowl; mix well.

Divide mixture evenly between 3 ice shaver tubs; shave in **Ice Shaver**. Score long strips of orange peel and tie into bows; use to garnish each serving.

Yield: 6 servings

Compliments of:

Jane Currin – Independent Director with The Pampered Chef
(919) 846-8614 jane@currin4.com www.pamperedchef.biz/janecurrin

Strawberry Dream Torte

1 package (18.25 ounces) devils food cake mix
(Plus ingredients to make the cake)
2 packages (8 ounces each) softened cream cheese
1/2 cup powdered sugar
1/2 cup milk
1 container (8 ounces) frozen whipped topping, thawed
1/2 cup strawberry preserves
2 cups strawberries, sliced

Directions:

Preheat oven to 350° degrees. Spray **Deep Dish Baker** with vegetable oil spray or grease lightly. Prepare cake mix according to package directions; pour batter into prepared Baker. Bake 40-45 minutes or until **Cake Tester** inserted in center comes out clean. Cool on **Nonstick Cooling Rack** 15 minutes.

Remove from Baker; cool completely. Cut cooled cake in half horizontally using **Serrated Bread Knife**. Place bottom half of cake on serving plate. Combine cream cheese and powdered sugar in **Classic 2-Qt. Batter Bowl** using **Bamboo Spoon**. **Whisk** in milk with 10” **Whisk** until smooth. Reserve 1 cup whipped topping for decorating.

Fold remaining whipped topping into cream cheese mixture until blended using **Super Scraper**. Spread preserves evenly over bottom cake layer using **Skinny Scraper**. Top with half of the cream cheese mixture, spreading evenly. Top with remaining cake layer and cream cheese mixture. Slice strawberries using **Egg Slicer Plus**. Arrange in single layer over top of cake. Garnish edge and center of torte with remaining whipped topping using **Easy Accent Decorator**.

Yield: 16 servings or 24 sample servings

Cooks Tip: A yellow or lemon-flavored cake mix may be substituted for the devil’s food cake mix, if desired. Any complementary fruit / fruit preserves combination, such as raspberries or peaches, may be substituted for the strawberries.

Compliments of:

Jane Currin – Independent Director with The Pampered Chef
(919) 846-8614 jane@currin4.com www.pamperedchef.biz/janecurrin

Strawberry Cheesecake Torte

1 package (16 ounces) pound cake mix (plus ingredients to make cake)
½ cup water
1 package (3 ounces) strawberry gelatin
¼ cup seedless strawberry jam
1 lemon
1 package (8 ounces) cream cheese, softened
1/3-cup cold milk
1 container (12 ounces) frozen whipped topping, thawed
1 package (3.4 ounces) cheesecake instant pudding and pie filling
1 kiwi, peeled, sliced and halved
1 cup hulled and sliced strawberries

Directions:

Preheat oven to 400 degrees. Line **Stoneware Bar Pan** with 13-inch piece of **Parchment Paper**. Prepare cake mix according to package directions; pour into pan, spreading evenly using **Large Spreader**. Bake 15-18 minutes or until **Cake Tester** inserted in center comes out clean; cool 10 minutes. Carefully lift cake onto **Stackable Cooling Rack**; cool completely.

In **Small Micro-Cooker**, microwave water on HIGH 1-2 minutes or until boiling. Add gelatin; stir until dissolved. Add jam; whisk until smooth. Invert cake onto smooth side of large **Grooved Cutting Board**; remove paper. Prick cake at 1/2 –inch intervals using **Hold’N Slice**. Using **Pastry Brush**, brush cake evenly with all but 2 tablespoons of the gelatin mixture. Trim ¼ inch around edge of cake; discard edges. Cut cake crosswise into 3 equal layers.

Zest lemon using **Lemon Zester / Scorer**; set aside. Juice lemon using **Juicer** to measure 2 tablespoons juice. In **Classic Batter Bowl**, combine cream cheese and lemon juice; **whisk** until smooth. Add milk; whisk until smooth. Spoon whipped topping over cream cheese mixture. (Do not mix.) Sprinkle with pudding mix; mix well. (Mixture will be very thick.)

Place one cake layer on **Oval Platter**. Attach open start tip to **Easy Accent Decorator**; fill with filling mixture. Pipe a straight border around edge of cake layer. Using **Large Scoop**, place 4 scoops of filling down center; spread evenly to border using **Small Spreader**. Top with second cake layer. Repeat filling as above. For third layer, pipe a decorative border around edge. Spread any remaining filling down center.

Slice kiwi; cut slices in half and arrange on top of cake. Hull strawberries using **Cook’s Corer** and slice. Place strawberries and reserved gelatin mixture in **Small Batter Bowl**; mix gently using **Small Mix ‘N Scraper**. (If gelatin mixture has set, microwave on HIGH 5-10 seconds or until softened.) Spoon strawberries over top of cake; sprinkle with reserved lemon zest. Slice using **Serrated Bread Knife**.

Yield: 16 servings

Nutrients per serving: Calories 310, Total Fat 14g, Saturated Fat 7 g, Cholesterol 45 mg, Carbohydrate 42 g, Protein 4 g, Sodium 260 mg, Fiber 0g.

Compliments of:

Jane Currin – Independent Director with The Pampered Chef
(919) 846-8614 jane@currin4.com www.pamperedchef.biz/janecurrin

Compliments of:
Jane Currin – Independent Director with The Pampered Chef
(919) 846-8614 jane@currin4.com www.pamperedchef.biz/janecurrin

Strawberry Cheesecake Microwave Cake

1 strawberry cake mix

(if you can't find strawberry ~Pillsbury and Betty Crocker makes one ~ you can use white, add red food color, not much, like one drop and add an extract tsp of strawberry extract ~~ BUT the strawberry cake mix is prettier but it has pink cake with red speckles, plus you're putting in the white chips~very pretty!)

1 tsp. strawberry extract

½ cup white chocolate chips

1 (3 oz. box) cheesecake pudding mix

16 oz. sour cream

½ cup oil

3 eggs

Garnish: whipped topping and fresh Strawberry fans.

Five Simple steps to success:

1. Spray your pan lightly and dust with flour (works best with Baker's Joy).
2. Whisk eggs and pudding mix together in Classic Batter Bowl.
3. Add remaining ingredients, blending well with Mix N' Scraper.
4. Drop batter into Fluted pan and microwave on high 12-14 minutes.
1. (Watch your cake after 10 minutes if you microwave runs hot.) Works best if your have a turntable in your microwave. If not, rotate every 4-5 minutes.
5. Invert cakes immediately, but leave pan over the cake for 10 minutes. Cool. Garnish (Flour Sugar Shaker filled with powdered sugar, fresh strawberry fans made with your Egg Slicer Plus, fresh mints snipped with your Kitchen Shears) as desired.

Finishing touch directions:

Then I pull out my powdered sugar filled **Flour Sugar Shaker** (talk about how great this is for powdered sugar, but we also have one filled with cinnamon sugar for cinnamon sugar toast.

Then it's time for the fresh strawberries (I do about 6...more if you want)...pull out the **Egg Slicer Plus** and make strawberry fans...put them at the base of the cake.

Lastly, I get out my washed fresh mint leaves and **Kitchen Shears**. Snip off a few to lace in between the strawberry fans....it ends up looking pretty darn good!...If you really want to get fancy...use your **EAD** filled with Cool Whip or a cream cheese mixture...pipe it at the base before you put the strawberry fans and mint leaves. I start wearing my pink apron NOW and start talking about this cake.

Compliments of:

Jane Currin – Independent Director with The Pampered Chef
(919) 846-8614 jane@currin4.com www.pamperedchef.biz/janecurrin

Strawberry Bruschetta

(The Pampered Chef® Season's Best S/S '05)

20 slices French bread, cut 1/4 inch thick*
¼ cup butter or margarine, melted
3 tablespoons granulated sugar
½ teaspoon *Pantry Korintje Cinnamon*
1 lemon
1 container (8 ounces) cream cheese spread
¼ cup powdered sugar
2½ cups strawberries, hulled and coarsely chopped
⅓ Cup toasted sliced almonds
Additional powdered sugar (optional)

Directions:

Preheat oven to 375°F. Slice bread using **Serrated Bread Knife**; place bread slices on **Rectangle Stone**. Place butter in **Small Micro-Cooker®**; microwave on HIGH 30-45 seconds or until melted. Brush butter over bread slices using **Pastry Brush**. Combine granulated sugar and cinnamon in **Flour Sugar/Shaker**; sprinkle evenly over bread slices. Bake 12-14 minutes or until golden brown; remove baking stone from oven to **Stackable Cooling Rack**.

Meanwhile, zest lemon using **Lemon Zester/Scorer** to measure 1 teaspoon zest. Juice lemon using **Juicer** to measure 2 teaspoons juice. In **Small Batter Bowl**, whisk cream cheese, powdered sugar, lemon zest and juice until smooth using **Stainless Steel Whisk**. Hull strawberries using **Cook's Corer®**; coarsely chop using **Food Chopper**.

Using **Small Scoop**, scoop cream cheese mixture over bread slices; spread evenly using **Small Spreader**. Place bread slices on **Simple Additions® Large Square Platter**; top with strawberries using **Medium Scoop**. Sprinkle bruschetta with almonds and powdered sugar, if desired. Serve immediately.

Yield: 20 servings

Nutrients per serving: Calories 180, Total Fat 8 g, Saturated Fat 4.5 g, Cholesterol 15 mg, Carbohydrate 22 g, Protein 4 g, Sodium 250 mg, Fiber 2 g

Cook's Tip:

To toast almonds in the microwave oven, place almonds in Small Oval Baker; microwave on HIGH 5-7 minutes or until golden brown, stirring after each 30-second interval. Cool completely.

Ground cinnamon can be substituted for the *Pantry Korintje Cinnamon*, if desired.

Instead of using French bread for the base try using the Cinnamon Swirl Bread from the *Pampered Chef Classics Cookbook*

© The Pampered Chef, Ltd., 2001

Compliments of:

Jane Currin – Independent Director with The Pampered Chef
(919) 846-8614 jane@currin4.com www.pamperedchef.biz/janecurrin

Cinnamon Swirl Bread

1 loaf Pillsbury French bread dough
Melted butter
Cinnamon & sugar

Directions:

Preheat oven to 375° F. Spray inside of scalloped bread tube w/ oil. Unroll bread dough into rectangle, brush w/ melted butter lightly sprinkle with cinnamon sugar mixture, roll back up. (Roll the shorter edge so the loaf would fit in the tube.)

Slide into tube, place cap on stand upright in oven bake for 1 hour.....slide out of tube, let cool and slice. (You can toast them on a stone in the oven to get them crisp.)



Since 2000, The Pampered Chef has raised more than \$10 million for the American Cancer Society's education and early detection programs.

Compliments of:

Jane Currin – Independent Director with The Pampered Chef
(919) 846-8614 jane@currin4.com www.pamperedchef.biz/janecurrin

Strawberry Spinach Salad

(Casual Cooking cookbook, pg 40)

Dressing

1 lemon
2 tablespoons white wine vinegar
⅓ Cup sugar
1 tablespoon vegetable oil
1 teaspoon poppy seeds

Salad

¼ cup sliced natural almonds, toasted
8 ounces (1½ cups) strawberries, hulled and quartered
½ medium cucumber, sliced and cut in half
¼ small red onion, sliced into thin wedges (¼ cup)
1 package (6 ounces) baby spinach

Directions:

For dressing, zest lemon using **Lemon Zester/Scorer** to measure ½ teaspoon zest. Juice lemon using **Juicer** to measure 2 tablespoons juice. Combine zest, juice, vinegar, sugar, oil and poppy seeds in **Small Batter Bowl**. Whisk until well blended using **Mini-Whipper**. Cover; refrigerate until ready to use.

Preheat oven to 350°F. For salad, spread almonds in single layer over bottom of **Small Bar Pan**. Bake 10-12 minutes or until lightly toasted. Remove from oven; cool almonds in bar pan. Meanwhile, hull strawberries using **Cook's Corer**; cut strawberries into quarters.

Score cucumber lengthwise using **Lemon Zester/Scorer**; remove seeds using **The Corer**. Using **Ultimate Slice & Grate** fitted with v-shaped blade, slice cucumber; cut slices in half. Slice onion into thin wedges.

Place spinach in large serving bowl; add strawberries, cucumber and onion. Whisk dressing; pour over salad, gently tossing to coat using **3-Way Tongs**. Sprinkle with almonds. Serve immediately.

Yield: 10 servings

Nutrients per serving (1 cup): Calories 70, Total Fat 3 g, Saturated Fat 0 g, Cholesterol 0 mg, Carbohydrate 10 g, Protein 1 g, Sodium 15 mg, Fiber 1 g Diabetic exchanges per serving: ½ starch, ½ fat (½ carb)

Compliments of:

Jane Currin – Independent Director with The Pampered Chef
(919) 846-8614 jane@currin4.com www.pamperedchef.biz/janecurrin

Roasted Garlic & Red Pepper Dip with Pita Chips

(It's Good for You Cookbook)

2 whole heads garlic, unpeeled
1 large red bell pepper, cut into 1 inch wedges
1 teaspoon olive oil
1 package (8 ounce) fat-free cream cheese softened
1/2 cup fat-free sour cream
2 teaspoons lemon juice
1/2 teaspoon Pantry Rosemary Herb Seasoning Mix
Rosemary Pita Chips (optional)

Directions:

Preheat oven to 425°F. Slice about 1/4 inch from top of each garlic head to expose garlic cloves. Place in center of **Deep Dish Baker**; surround with bell pepper wedges. Spray garlic and bell pepper with olive oil using **Kitchen Spritzer**; cover with aluminum foil. Bake 40-45 minutes or until garlic is soft; cool completely.

Place cream cheese in **Small Batter Bowl**; microwave on HIGH 30 seconds until softened. Whisk vigorously until smooth using **Stainless Steel Whisk**.

Remove skin from bell pepper; finely chop using **Food Chopper**. Squeeze garlic cloves from papery skin into batter bowl. Add bell pepper, sour cream, lemon juice and seasoning mix; mix well. Cover; refrigerate at least 1 hour to allow flavors to blend. Serve with *Rosemary Pita Chips*, if desired.

Yield: 1 1/2 cups (12 servings)

Compliments of:

Jane Currin – Independent Director with The Pampered Chef
(919) 846-8614 jane@currin4.com www.pamperedchef.biz/janecurrin

Rosemary Pita Chips

6 whole wheat pita pocket bread rounds
6 garlic cloves, pressed
1 tablespoon olive oil
4 teaspoons Pantry Rosemary Herb Seasonings Mix

Directions:

Preheat oven to 400° F. Split each pita pocket in half horizontally. Using **Garlic Press**, press garlic over rounds; spread evenly. Lightly spray rounds with olive oil using **Kitchen Spritzer**; sprinkle evenly with seasoning mix.

Cut each round into eight wedges. Arrange half of the pita wedges in a single layer on **Large Round Stone**. Bake 8-10 minutes or until chips are lightly browned and crisp. Remove from baking stone; cool completely. Repeat with remaining pita wedges.

Yield: 96 pita chips (12 servings)

Compliments of:

Jane Currin – Independent Director with The Pampered Chef
(919) 846-8614 jane@currin4.com www.pamperedchef.biz/janecurrin

Berries & Cream Wonton Cups

(It's Good for You Cookbook)

24 square wonton wrappers
1 tablespoon butter or margarine, melted
2 tablespoons granulated sugar
1 container (8 ounces) low-fat strawberry yogurt
1 1/2 cups thawed, frozen whipped topping, divided
1 cup raspberries
1/2 cup blueberries
2 teaspoons powdered sugar

Directions:

Preheat oven to 350° F. Using **Pastry Brush**, brush one side of each wonton wrapper with melted butter. Sprinkle wontons evenly with sugar using **Flour/Sugar Shaker**. Press each wonton, sugared side up, into cups of **Deluxe Mini-Muffin Pan**. Bake 6-8 minutes or until edges are light golden brown. Remove wontons from pan to **Stackable Cooling Rack**; cool completely.

Place yogurt in **Small Batter Bowl**; fold in 1 cup of the whipped topping. Attach closed star tip to **Easy Accent Decorator**; fill with remaining whipped topping.

Using **Small Scoop**, scoop yogurt mixture into each wonton. Top each wonton with one raspberry and two blueberries. Garnish with whipped topping; sprinkle with powdered sugar. Serve immediately.

Yield: 24 wontons



Compliments of:



Jane Currin – Independent Director with The Pampered Chef
(919) 846-8614 jane@currin4.com www.pamperedchef.biz/janecurrin

Compliments of:

Jane Currin – Independent Director with The Pampered Chef
(919) 846-8614 jane@currin4.com www.pamperedchef.biz/janecurrin

show your stripes.

join the fight.



Animal prints are everywhere — even on our new Help Whip Cancer® products. Each one supports breast cancer awareness and early detection programs.



Pink Zebra High Heel Cake Server #17.00

- An ingenious magnetic "heel" also has a magnet for effortless slicing, stirring and stirring. Pop it into a glass for a playful table display.
- The serrated edge cuts silently and gently through cakes and pies.



Pink Color Coated Paring Knife #13.00

- Perfect for peeling and double cutting tasks.
- The sleek, stainless steel blade with a nonstick cutting surface easily slices and slices.



Pink Zebra Ceramic Spreader #10.00

- A rounded tip makes it ideal for spreading dips and soft spreads.
- The serrated edge easily slices spreads and sandwiches.

Available
May 1–31!



Pink Zebra Microfiber Towel #8.80

- Lightweight and absorbent, the towel is safe for dry clothes. The super-absorbent fibers absorb your clothes' stains just a few drips.
- Its generous 16" x 20" size makes it perfect for spills, drying clothes and wet or dry cleaning, ironing.

Help Whip Cancer® products are available May 1–31. For each one purchased, we contribute \$1 to the American Cancer Society's breast cancer awareness and early detection programs.



Compliments of:

Jane Currin – Independent Director with The Pampered Chef
(919) 846-8614 jane@currin4.com www.pamperedchef.biz/janecurrin

Compliments of:
Jane Currin – Independent Director with The Pampered Chef
(919) 846-8614 jane@currin4.com www.pamperedchef.biz/janecurrin