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# Pampered Chef Newsletter

## Compliments of:

**Name** ... Your Pampered Chef Consultant

Phone Number

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## In This Issue....

Celebrations!	Tips & Tricks	Monthly Specials
The Dish On...	Host of the Month	In The Next Issue
Favorite Recipes	Free Stuff	

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## Help Whip Cancer

Welcome to our 7th annual **Help Whip Cancer** Campaign. During the month of May, Pampered Chef joins forces with The American Cancer Society to help with the fight against cancer. At The Pampered Chef&REG;, we feel it is crucial to promote the importance of breast cancer early detection. To support this effort, between May 1 and 31, independent Pampered Chef&REG; Consultants raise funds from the sale of limited-edition products and special **Help Whip Cancer**&REG; Cooking Show Fund-raisers.



Funds raised by the Help Whip Cancer&REG; campaign are distributed to breast cancer education and early detection programs across the country. Since the campaign's beginning in 2000, Consultants and customers have raised over \$4.3 million to **Help Whip Cancer**&REG;!

**This issue is packed with delicious pink recipes. Please check out the May specials, recipes, free products, and must have Pampered Chef products.**

**Grab a cup of Good Company Tea, try out the recipes below and enjoy. Please read on.**

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## Help Whip Cancer

### The Pampered Chef® joins forces with the American Cancer Society® to Help Whip Cancer®!

Cancer affects the lives of families every day. Breast cancer, in particular, affects grandmothers, mothers, wives, sisters, daughters and friends. One in seven women will develop breast cancer in their lifetime. The good news is that the five-year survival rate for women diagnosed with breast cancer at an early stage is more than 97 percent. Because an estimated 216,000 women will be diagnosed with invasive breast cancer this year alone; we have joined forces with the American Cancer Society® to Help Whip Cancer®!

Last May, over \$1 million was raised in just one month's time - proof that together we can make a difference in the fight against breast cancer. By supporting this campaign, we are able to positively impact the lives of women and their families across the United States.

### Call or e-mail me today...

[Order Help Whip Cancer products](#)

[Schedule a Help Whip Cancer Fundraiser](#)

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### *Favorite Recipes...*

#### *Pink Ribbon Cookies*



##### Cookies

1 pound (4 sticks) butter or margarine, divided (do not use vegetable oil spread)  
1 package (18.25 ounces) devil's food cake mix  
2 3/4 cups all-purpose flour

##### Decorator's Icing

3 cups powdered sugar  
1 tablespoon meringue powder (see Cook's Tip)  
5-6 tablespoons warm water  
Red food coloring

This variation of our All-Occasion Cookies recipe is decorated to support the Help Whip Cancer® campaign.

### **Directions:**

1. Preheat oven to 350°F. In **Small Batter Bowl**, microwave two sticks of the butter on HIGH 1 minute or until melted.

Slice remaining butter into 1/2-inch pieces; add to melted butter, tossing to coat. Allow butter to stand 3-5 minutes or until softened.

2. Meanwhile, in large bowl, combine cake mix and flour; blend well using **Stainless Whisk**, breaking up any large lumps.

3. Whisk butter until smooth and free of lumps. If necessary, microwave butter an additional 10-20 seconds or until creamy and pourable.

Do not melt completely. Pour butter all at once into dry ingredients, scraping butter from batter bowl. Mix until dry ingredients are incorporated and dough is smooth.

4. Turn dough out onto well-floured **Cutting Board**. With floured hands, gently knead dough, adding up to 1/2 cup flour as needed to form a firm dough. Divide dough into three equal portions. Shape each portion into an 8-inch disk. Generously flour Cutting Board again.

Roll one disk of dough out evenly to 1/8-inch thickness using **Baker's Roller&REG;**. Cut cookie shapes using **Scalloped Bread Tube**; transfer to flat **Baking Stone**, 1 inch apart.

5. Bake cookies 15-17 minutes or until edges are set. Cool 3 minutes on baking stone; remove to **Stackable Cooling Rack**. Cool completely.

6. Meanwhile, combine powdered sugar and meringue powder in **Classic Batter Bowl**. Add 5 tablespoons water; mix well. Mix in additional water, 1 teaspoon at a time, to form a thick icing that will flow into a smooth pool with a rounded edge.

7. Place 1/3 cup of the icing into Prep Bowl; tint, one drop at a time, with red food coloring until desired shade of pink is reached.

8. To decorate cookies, pipe a white icing border around edge of one cookie; fill in with white icing until smooth. Immediately pipe a pink ribbon onto center of cookie. To sharpen corners of ribbon design, drag corners out slightly using wooden pick. Repeat with remaining cookies. Let stand about 1-2 hours or until icing dries completely.

Yield: about 2 1/2 dozen cookies

Nutrients per serving: (1 decorated cookie): Calories 280, Total Fat 15 g, Saturated Fat 8 g, Cholesterol 45 mg, Carbohydrate 35 g, Protein 3 g, Sodium 280 mg, Fiber less than 1 g

*Cook's Tips: Meringue powder (which contains pasteurized egg whites) is packaged in cans and can be found in stores that carry cake decorating supplies.*

*Icing that has meringue powder in it will become smooth and hard once it has dried.*

To pipe icing onto cookies, place a small, resealable plastic food storage bag inside *Measure-All&REG; Cup*. Pour white icing into corner of bag.

Twist top of bag; secure with a Twixit! Clip. Cut a small tip off corner of bag to allow icing to flow through. Repeat with pink icing.

&COPY;The Pampered Chef, Ltd.

## Imagine More...Join Now and Receive Simple Additions&REG; FREE!



Earn our NEW Simple Additions&REG; Rectangle Stand, plus our SimpleAdditions&REG; RectanglePlatter when you join The Pampered Chef&REG;

A \$49 value!

April 1 – May 31!

### Tips & Tricks...

#### Facts You Should Know About Breast Cancer

- The American Cancer Society estimates there will be about 216,000 new cases of invasive breast cancer this year among women in the United States.
- Breast cancer is the second most common cancer among women, following skin cancer.
- The best protection against breast cancer is to detect it early through mammography and good breast health, and treat it promptly if diagnosed.
- Eight out of 10 of breast cancer cases occur in women over age 50.
- Less than 10 percent of breast cancers diagnosed occur in women with a family history of the disease.
- The estimated five-year survival rate for women diagnosed with breast cancer in its early stages is approximately 97 percent.

### Host of the Month:

#### **Way to go!!! Our host of the month is:**

Received the following Pampered Chef products FREE:

Used \$15 gift of Free Product Value towards:

Received the following at half price:

Received the following at a discount:

...And will be able to purchase Pampered Chef items at a discount for the next 12 months.

*Let's stock your kitchen with **free Pampered Chef** tools in a fun filled Pampered Chef shopping spree?*

*...and have a blast with friends and family at the same time!*



## May 2006 Specials....

# It's so easy to make a difference.

**Purchase our Help Whip Cancer&REG; products, and support the American Cancer Society's fight against breast cancer!**



Ribbon Decorating Stencils —  
\$5 (#GJ42)



Pink Bar Board & Knife —  
\$8.50 (#GJ43)



Help Whip Clip (Set of 2) —  
\$5 (#GJ44)

**New for 2006... Buy them for yourself, Mom, your sister and best friend!**



These products are more than just great tools.  
They're a sign of your support in the fight against  
breast cancer. Every time you use them, you'll know  
you made a difference!

**\$1 from the sale of each product is contributed to the American Cancer Society's breast cancer education and early detection programs.**

## Free Stuff...

### **May Hosts:**

**Show You Care...Host a Cooking Show in May,  
and receive our exclusive Help Whip Cancer&REG; Cups & Squares at 60% off!**

This hand-painted set includes two of our new Simple Additions®; Coffee & More Cups and Small Squares in pink with white polka dots. It's an exclusive design for our Help Whip Cancer® campaign! The cups have ample room for coffee, soup and even ice cream, and feature the breast cancer awareness ribbon inside. The matching squares are perfect for a side of biscotti, cookies or cake.

Cups & Squares are more than just fun serving pieces. They're a sign of your support in the fight against breast cancer!

Available only in May.  
**Save over \$29!**



**Book your May show today. My calendar is filling up fast!**

## June Hosts:

**It's a summer heat**

*weave!*

**Host a Cooking Show in June, and receive your choice of one hot Woven Selections™ piece at 60% off!**



Woven Large Square Server  
for only \$16.80!  
(#HH19) Regular Price \$42



OR Woven Rectangle Server  
for only \$15.60!  
(#HH18) Regular Price \$39



OR Woven Round Tray  
for only \$15.60!  
(#HH17) Regular Price \$39



OR Woven Rectangle Tray  
for only \$11.80!  
(#HH20) Regular Price \$29.50

**Plus, receive our exciting host program rewards:**

- Free products of your choice.
- Hospitality bonus — \$15 gift of Free Product Value — to thank you for hosting a Kitchen Show&REG; in your home.
- Up to 4 half-price products.
- Up to a 30% discount on other purchases at your Show.
- A 10% discount for a full year.
- Free shipping on your order.

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***\*Favorite June theme parties:** [Porch Party](#), [Grilling Sensation](#), [Summer Bash](#), [Mexican Fiesta](#),  
[Cucina Italiana Appetizers](#), [Cucina Italiana Main Dishes](#), [Cucina Italiana Desserts](#), [and more](#). *Just ask!**

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*[More Recipes...](#)*

### **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  
&COPY;The Pampered Chef, Ltd.

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## 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...see below)

### 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)



&COPY;The Pampered Chef, Ltd.

#### 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)

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*In the Next Issue...*

**Help Whip Cancer specials, free items, and recipes.**

**Please help make a difference in your community. Schedule a **Help Whip Cancer** fundraiser show in May.**

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***Until next time - Remember to relax, reflect and recharge each day.***

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Your Pampered Chef Consultant

***Your Name***

**Please call me at: Your Phone Number**

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