



July News



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Get more BANG for your BUCK in July

If you have been waiting for the right time to host your own Pampered Chef Show, then wait no further or you will miss out on this spectacular offer. Look at the **WOW** factor in this month's specials. As a host you get your choice of either the **NEW Salad & Berry Spinner** OR the **NEW Salad Chopper** at a savings of 60%.

BUT WAIT, THERE'S MORE!

HOLD YOUR SHOW WITH ME BY JULY 15TH AND I WILL CUT AN ADDITIONAL 20% OFF THAT SALE PRICE.

www.pamperedchef.biz/vwharton

And check out what your July guests will receive with no minimum purchase!

Buy one, get one 50% off!

Save on your summer entertaining!

Save \$7.50!

Outdoor Utensil Set (#GM05)
You pay \$22.50 for two sets! A \$30 value!

Save \$6!

Outdoor Party Plates (#GM06)
You pay \$18 for two sets! A \$24 value!

Save \$6!

Outdoor Utensil Set & Outdoor Party Plates (#GM33)
You pay \$21 for one set of each! A \$27 value!

OUTDOOR UTENSIL SET

- Fork, knife and spoon combo snaps together
- Heavy-duty and reusable
- Stain-resistant
- Set of six
- Dishwasher-safe

OUTDOOR PARTY PLATES

- Sturdy plastic
- Convenient built-in cup holders
- Set of six
- 10"
- Dishwasher-safe

Want to know what is Special about August? Well for your sneak peek at upcoming specials just click on the link www.pamperedchef.biz/vwharton and see for yourself. While you are there, take a tour of the great savings you will find IN the OUTLET!

Ask me about my unique FUNDRAISING IDEAS!

SAVE \$30!

NEW! Salad & Berry Spinner (#HL89)
You pay \$20!
A \$50 value!

SAVE \$15!

Salad Chopper (#HL90)
You pay \$10!
A \$25 value!

Hot Host Specials

From the Department of Useless Trivia.

Did you know or do you care that July is...

- National Blueberry Month
- National Anti-Boredom Month
- Unlucky Month for weddings
- National Hot Dog Month
- National Ice Cream Month



Celebrate YOUR Independence!

When was the last time your boss sent you AND your family on an exotic vacation and paid for it? Have you ever been rewarded with a fine piece of jewelry without having to wait for your "20 year" gold watch? And when was the last time you were given the opportunity to give yourself a pay increase? If you have answered NEVER to any of these questions then you may want to check out The Pampered Chef. Contact me today for a no pressure insight to starting your own business! I will share with you all of the exciting benefits of being a consultant. CookinGood@charter.net or call me at 775-267-1425.



The Cook's Corner

Berry & Kiwi Salad with Sweet Balsamic Dressing

Ingredients:

Dressing

- 1/2 cup (125 mL) white balsamic vinegar**
- 2 tbsp (30 mL) sugar**
- 1/4 cup (50 mL) heavy whipping cream**

Salad

Almond Clusters (optional, see Cook's Tips)

- 1 small head Boston or bibb lettuce**
- 1 cup (250 mL) strawberries, hulled and halved**
- 1 cup (250 mL) blackberries or blueberries**
- 2 kiwi, peeled and cut into wedges**



The silky, pale green leaves of Boston lettuce pair beautifully with summer fruit and the subtle caramel flavor of the dressing.

Directions:

1. For dressing, whisk vinegar and sugar in (1.5-qt./1.5 L) Saucepan using Silicone Sauce Whisk. Bring to a boil; reduce heat to medium and cook 6-8 minutes or until mixture is reduced by half (1/4 cup/50 mL). Slowly whisk in cream; cook without stirring 2 minutes. Remove from heat; cool. Cover; refrigerate until ready to serve

2. If desired, prepare Almond Clusters and set aside. For salad, discard any bruised outer leaves from head of lettuce. Gently wash lettuce and berries in separate colanders of Salad & Berry Spinner; spin dry. (Keep the small lettuce leaves whole and tear larger outer leaves, if necessary.) For each serving, place lettuce into serving bowl. Arrange strawberries, blackberries and kiwi over lettuce. Drizzle with about 1 tbsp (15 mL) dressing; serve with Almond Clusters, if desired. (Cover and refrigerate any remaining dressing for another use.)

Yield: 4 servings

Nutrients per serving: Light (about 1 cup/250 mL salad and 1 tbsp/15 mL dressing):
Calories 120, Total Fat 3.5 g, Saturated Fat 1.5 g, Cholesterol 10 mg, Carbohydrate 23 g, Protein 2 g, Sodium 5 mg, Fiber 3 g

U.S. Diabetic exchanges per serving (about 1 cup/250 mL salad and 1 tbsp/15 mL dressing): 1 1/2 fruit, 1/2 vegetable, 1/2 fat (1 1/2 carb)

Cook's Tips: For Almond Clusters, combine 1/4 cup (50 mL) sliced almonds, 2 tsp (10 mL) corn syrup and 1/2 tsp (2 mL) sugar in (8-in./20 cm) Sauté Pan; toss to coat. Cook and stir over medium-high heat 5-7 minutes or until almonds begin to brown, stirring frequently. Immediately remove from pan onto Parchment Paper; cool completely. Break into clusters.

THE TOP 10 SIGNS YOU'RE A LOUSY COOK:

10. Your family automatically heads for the table every time they hear a fire siren.

9. Your kids know what "peas porridge in a pot nine days old" tastes like.

8. Your son goes outside to make mud pies; the rest of the family grabs forks and follows him.

7. Your kid's favorite drink is Alka-Seltzer.

6. You have to buy 25 pounds of dog food twice a week for your toy poodle.

5. Your kids got even with the neighborhood bully by inviting him over for dinner.

4. Your kids got suspended from school for trying to smuggle toxic waste in their lunch bags.

3. Your husband refers to the smoke detector as the oven timer.

2. No matter what you do to it, the gravy still turns bright purple.

... and the Number 1 Sign You're A Lousy Cook:

1. You burned the house down trying to make jelly



And if you know someone like this, please refer him or her to me. Time for a change! www.pamperedchef.biz/vwharton

NOW APPEARING AT THE CARSON CITY FARMER'S MARKET

Every Wednesday from 3-7 p.m. Be sure to stop by my booth!

FARMER'S MARKETS TIPS:

Farmers' markets are growing in popularity. When visiting one, make two passes among the vendors. During the first walk-through look, note, taste, menu-plan and ask questions. Then reverse your route for the second pass. This is when you should make your purchases, AFTER you've surveyed the entire field, tasted the competitors, planned your menus and priced your options.

Arrive early for the best selections. Shop during the last 30 minutes for the best values, when vendors are anxious to close shop and return with an empty truck.

My job's a PARTY...What's YOURS like?