



## Welcome to the May Guide to Eating!

This month we are thinking Pink for The Pampered Chef's Annual Help Whip Cancer Program! Approximately 1 in 8 women has a chance of developing invasive breast cancer in their lifetime. But thanks to early detection through regular mammograms and effective treatment, the 5-year survival rate has improved to 98%. Organizations like The American Cancer Society work every day to educate women and help them in the fight against breast cancer – will you join us for just one day by participating in this worthy fundraiser? Or how about joining my Help Whip Cancer Team and collect orders for these 3 Help Whip Cancer items?



Please participate in my **Help Whip Cancer** fundraiser by purchasing one of our PINK products (see photos below)! Go to my website [www.pamperedchef.biz/mandykatz](http://www.pamperedchef.biz/mandykatz), click on “order Products” and enter “American Cancer Society” as the Organization.

The American Cancer Society will receive \$1 from the sale of each product and 25% from the overall sales for their Breast Cancer Awareness and Early Detection programs! These products are not in our catalog and are only available May.

**I need more Help Whip Cancer Team Members to sell our Pink items! Please consider collecting a few orders for this worthwhile organization! No amount is too small! Email me or call me at 410-733-0063 for more details.**

## Seasonal Recipe

Spinach is in season, so are strawberries! How about surprising Mom with this salad on her special day?

**Strawberry Spinach Salad** *from Casual Cooking cookbook*

### Dressing

- 1 lemon – 2 tblspns for juice, ½ tsp of zest
- 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**

For dressing, whisk together zest, juice, vinegar, sugar, oil and poppy seeds. Cover; refrigerate until ready to use.

Preheat oven to 350°F. Spread almonds in single layer on a stone and bake 10-12 minutes or until lightly toasted. Remove from oven; cool. Meanwhile, hull strawberries and cut into quarters. Score cucumber lengthwise, remove seeds and slice thinly. Slice onion into thin wedges. Place **spinach** in large serving bowl; add strawberries, cucumber and onion. Pour dressing over **salad**, gently tossing to coat. Sprinkle with almonds. Serve immediately. Yield: 10 servings

*Check out my website for more recipes:*

*<http://www.pamperedchef.biz/mandykatz?page=calendar>*

## What's in Season: May

Eating seasonally means enjoying the ripest and freshest food at the height of its natural harvest time. It means supporting local farmers who transport their goods the shortest distance to your plate. Eating foods in season also increases nutritional value. Here's what to eat now:

(n) = newly in season – (p) = peak of season – (w) = winding down

Vegetables:

(N) asparagus, corn, green beans, new potatoes, zucchini squash

(P) avocados (Haas), beets, carrots, greens (arugula, dandelion, fiddlehead) fava beans, peas, Vidalia Onions

(W) artichokes, broccoli, cabbages, cauliflower, celery, celeriac, chard, fennel, garlic, kale, mushrooms, morels, spring onions, radish, salad mix, spinach

Fruits:

(N) apricots, blackberries, raspberries, strawberries, cherries, cantaloupe, honeydew, watermelon, peaches

(W) grapefruit, rhubarb

## The Ultimate Well-Stocked Kitchen Sweepstakes

Are you or anyone you know getting married? They'll want to enter our Ultimate Well-Stocked Kitchen Sweepstakes! It includes every tool an engaged couple needs to prepare, cook and entertain together - FREE! From Cookware to Stoneware, Cutlery to cookbooks, Timeless serving dishes to time-saving tools, one click on our Well-Stocked Kitchen and your kitchen wish list is essentially complete **\$3,600 value!**



REGISTER before June 30, 2007. Three winners, one drawn on each date: **April 30, May 31, and June 30.**

## Tips, Trends & Total Nonsense

**Tip 1: Make Your Own Salad Dressing:** Once you've made your own, see how easy it is and taste how incredible it makes simple salads taste, you will NEVER buy bottled dressing again. Here is the recipe: 1 part acid, 1 part oil, 1 part binder, seasonings. For example: Italian Dressing: balsamic vinegar + olive oil + Dijon mustard + crushed garlic, pepper. Asian Dressing: rice vinegar + sesame oil + Dijon mustard + garlic, ginger. French Vinaigrette: red wine vinegar + olive oil + Dijon mustard + herbs de Provence. You get the idea. Pour your vinaigrette over salads, boiled potatoes or pasta.

**Tip 2: Avocados:** Look for firm, heavy avocados that give slightly to pressure, with no dark or soft spots. When making guacamole, use a small amount of sour cream in place of lemon or limejuice. The acid in the sour cream will help prevent the guacamole from turning brown and will make it creamier.

**Trend: Food You Can't Pronounce:** Here's three foods that are practically a staple among health-conscious celebs and foodies - plus how to pronounce them. 1) Açaí berries (ah-sigh-EE or ah-SIGH-ee) Packed with twice the disease-fighting antioxidants

of blueberries, Celestial Seasonings sells an açai-green tea blend. 2) Quinoa (KEEN-wah) Dry it looks like sesame seeds but cooked it becomes fluffy with a hint of crunch, making it an excellent substitution for rice, cous cous, and pasta. A cup of quinoa has more protein than a ¼ lb. hamburger and more calcium than a quart of milk. It's also loaded with iron, magnesium, and a bevy of other minerals and B vitamins. 3) Matcha (MAH-cha) When you drink a cuppa matcha (also spelled maccha), you're getting green tea's powerful antioxidants to the max, because you're actually consuming the whole green tea leaf in powdered form. You'll find matcha as an add-on for energy drinks and smoothies since it's said to boost alertness. Ounce for ounce, it has almost as much caffeine as coffee.

**Total Nonsense: Growing a Car from Seed?** Instead of eating potato chips and cashew nuts (two of my own personal faves), why not make them into tires and brake pads, respectively? That's the thinking of WMG, a research group based at the University of Warwick, England. According to a BBC News report, project manager Ben Wood believes the car he developed, which runs on bio-fuels and bio-lubricants and is made up of biodegradable and recyclable materials, can reach up to 150 mph. "If we can build a high-performance car that can virtually be grown from seed, just imagine what's possible for the average family car." hmmm... how about a minivan that runs on chocolate syrup and is made entirely out of recycled lunch boxes? How many miles a gobble would it go?

## Help Whip Cancer Products!



**Pink Nylon Knife \$5.50**

This knife is perfect to use in nonstick cookware, cutting brownies or quiche. When chopping lettuce for salad, the lettuce will stay green.

**Mini Measure-All® Cup \$6.50**

This product is a must for any baker. The plunger design cleanly dispenses contents from the cup.

**Pink Flexible Scraper \$7.00**

This scraper's long handle and silicone tip are ideal for use in jelly and honey jars.

**To purchase go to**

[www.pamperedchef.biz/mandykatz](http://www.pamperedchef.biz/mandykatz), click on "order Products" and enter "American Cancer Society" as the Organization. 25% of your total purchase will go the ACS Breast Cancer Prevention and Awareness Programs.

## Set a Date for Your Show & The American Cancer Society Receives \$3

**Set a date for May, June or July and The American Cancer Society get \$3.** You'll get FREE products. I get a night away from my kids! (oh yeah, and a paycheck!) Here are some of my upcoming featured shows for June:

- **Help Whip Cancer:** Healthy Eating! (only in May)
- **Mother's Day Tea:** Learn how to make delightful tea party treats for the special women in your life.
- **A Day at the Races:** How to host a Kentucky Derby or Preakness Party
- **Picnic Strategies:** Packing, transporting and presenting tasty summer foods.
- **Summer Salads:** Tired of the same old salads? Then lets tempt those taste buds with some incredible variations.
- **Terrific Trifles:** How to make the worlds easiest and most elegant desserts!
- **Your Idea?** Anything goes!

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**TELL A FRIEND...** I love referrals and reward for them, please pass this onto your friends, family, and co-workers, anyone you think might be interested in all The Pampered Chef® has to offer. Invite them to subscribe by giving me a call or having them e-mail me directly! When your referral books and holds a show or decides to give The Pampered Chef business a try, you will receive a generous gift from me!

Check out my website for:  
New Recipes (Calendar Section) – Warranty Info -  
and more!  
24 Hour Ordering Online

*Mandy Katz, Independent Pampered Chef Consultant*

*(c) 410-733-0063 or (h) 410-235-2396*

[www.pamperedchef.biz/mandykatz](http://www.pamperedchef.biz/mandykatz)

