

Watkins Sesame Garlic Snack and Dip Mix

Sesame & Garlic Bread

1 loaf French bread
1/2 cup/125 ml butter
2 T. **Watkins Sesame Garlic Snack and Dip Mix**
2 T/30 ml Parmesan cheese, grated
Mix together butter, dip seasoning and cheese. Slice loaf and spread butter mixture on bread. Bake in 400°F/205°C oven for 10 to 12 minutes. Makes 8 servings.

Sesame Garlic Salad Dressing

1/4 cup rice vinegar
2 T. **Watkins Sesame Garlic Snack & Dip Seasoning**
1 T. **Watkins Garlic Liquid Spice**
1 T. soy sauce
1 T. sugar
3/4 cup **Watkins Original Grapeseed Oil**
Combine first five ingredients. Add oil slowly, beating with whisk or fork. Makes about 1-1/4 cups.

Ginger Garlic Peppered Beef

1 pound sirloin steak cut into 2 inch slices
1/2 white onion, sliced
1 green bell pepper, cut into thin strips
1 stalk celery, sliced on the bias
1 tsp. **Watkins Ginger**
2 T. **Watkins Sesame Garlic Snack & Dip Seasoning**
3 T. reduced sodium soy sauce
3 T. teriyaki sauce (see microwave recipe below)
1/4 cup **Watkins Grapeseed Oil, Garlic & Parsley Flavor**, plus additional for stir frying meat
1 half red onion, sliced
1/2 cup water
1 tablespoon cornstarch
1/2 pound mushrooms
pinch **Watkins Red Pepper Flakes**

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Your Independent Watkins Associate:

Fruit & Lime Chicken Salad

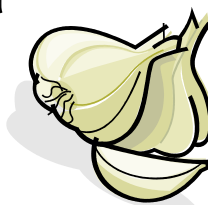
3 T. sugar
1/4 cup white wine vinegar
2 T. lime juice
1/4 tsp **Watkins Dry Mustard**
Dash of salt
1/2 tsp poppy seeds
1/2 cup **Watkins Citrus & Cilantro Grapeseed Oil**
3 cups grilled chicken cut in cubes*

Watkins Sesame & Garlic Dip Mix

1 honeydew melon & 1 cantaloupe OR watermelon
1 head leaf lettuce, romaine or baby spinach
1 cup strawberries, green grapes
OR cantaloupe balls
1/2 cup pecan halves – toasted
1/2 cup blueberries
Sprinkle chicken with Watkins Sesame & Garlic Dip Mix and grill. Combine sugar, vinegar, lime juice, mustard, salt and poppy seeds in a blender. Whirl to mix, then gradually add oil in a thin stream. Cover and blend 2 minutes until dressing is slightly thickened. Reserve 1/3 cup and pour remaining dressing over chicken. Chill. To serve, line 4 to 6 salad plates with lettuce and arrange honeydew and cantaloupe wedges around edge (I used squares of watermelon). Spoon chicken into center. Toss strawberries, pecans and blueberries in reserved dressing; spoon over and serve! Delicious!!!

Directions for Ginger Garlic Peppered Beef:

Combine the steak, white onions, green pepper, celery, ginger, Sesame & Garlic Snack and Dip Seasoning, soy and teriyaki sauces, and grapeseed oil in a container. Cover and refrigerate for at least 4 hours. Heat large pan with 2 to 3 T. of additional Watkins Grapeseed Oil, Garlic & Parsley Flavor. Add the red onion and the steak/vegetable/seasoning mixture. Cook over medium heat until the meat is cooked through (about 8 minutes), stirring often. Boil water in microwave and dissolve the cornstarch. (If you don't have a microwave just stir to dissolve the cornstarch into the water in a small bowl). Add the cornstarch/water mixture and the mushrooms to the dish. Sauté until the mushrooms are heated through. Season with red pepper flakes. Serve over rice or noodles and serve with additional Teriyaki Sauce (see recipe).



Sesame & Garlic Baked Chicken

4 chicken breasts (or your favorite part of the chicken)
1/3 to 1/2 cup **Watkins Grapeseed Oil, Garlic & Parsley Flavor** (may also use original flavor if you like a milder garlic flavor)
2 - 3 T. **Watkins Sesame Garlic Snack and Dip Seasoning**
Wash chicken, pat dry. Mix Watkins Grapeseed Oil and Dip Seasoning together and let stand for a few minutes. Put chicken pieces, skin side down, into a shallow broiler pan. Brush chicken with Sesame/Garlic/Oil mixture. Bake chicken at 350° for 15 to 20 minutes, basting frequently with extra Sesame/Garlic/Oil mixture. Turn and continue to bake and baste for another 15 to 20 minutes, or until juice run clear or test done per meat thermometer. Put under broiler to brown, turning once, if desired. You may also cook chicken by sautéing in pan rather than baking in oven. Use same technique to test for doneness.

Sesame and Garlic Asparagus

1/4 cup rice vinegar
3 tablespoons soy sauce, low sodium
2 T. **Watkins Sesame Garlic Snack and Dip Seasoning**
1 pound asparagus
1/4 cup water
1 tablespoon sesame seeds (optional)
Combine the first 3 ingredients in a small bowl; set aside. Snap off tough ends of asparagus. Place asparagus and water in a 11 x 7-inch baking dish. Microwave at high for 3 minutes or until tender; drain. Pour the vinegar mixture over the asparagus and toss well. Chill at least 1 hour or overnight. Serve cold or at room temperature. Sprinkle asparagus with sesame seeds if desired.

Microwave Teriyaki Sauce

1/2 cup **Watkins Meat Magic**
1/8 cup packed brown sugar
1/8 tsp. **Watkins Garlic Granules**
1/2 tsp. **Watkins Ginger**
1T. Lemon juice
Mix all ingredients. Microwave on high 2 minutes. Add 1 T. cornstarch dissolved in 1/8 cup water, stir well. Microwave on high and stir every 20 seconds until thick and clear. (Great as marinade, omit the cornstarch)

Melody Thacker, Independent Watkins Associate ID # 323239
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