

# Burtons Booth Newsletter

Date: February 2018

Volume No.9 Issue No. 1



My apologies for the delay in getting the newsletter out. It seems that allergy season in Florida is in full swing and it took me down for a few days.

Just because you are watching what you eat doesn't mean you can't enjoy extraordinarily delicious foods. Our recipe for Skinny Fiesta Tortilla Chip Dip is proof that you can have all the flavor while cutting out extra calories, doing justice to both your taste buds and your waistline.

I will be at the Florida Flywheelers Tractor show in February, but will not be travelling to do any further tractor shows up north during the summer. I am continuing to sell Rada and other products, as in the past, and can ship them directly to you. Remember, you are never charged more than what the Post Office charges to ship an order.

Please call or email me if you have any questions or would like to place an order.

Bonnie

## Special

Receive a free gift with all orders totaling \$15.00 or more (before tax)



Please bring this coupon with you if you will be purchasing in person.

Good on all orders placed by March 31<sup>st</sup>, 2018.



### SHOW SCHEDULE:

February 8 @ 1 pm Country Aire Manor Clubhouse  
Dade City, FL

February 21-24 Florida Flywheelers Tractor Show  
Avon Park, FL

If you have received this email in error or would no longer like to receive it, please email us at [Burtonsbooth@gmail.com](mailto:Burtonsbooth@gmail.com) and you will be removed from our mailing list immediately. Thank you.

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## *Skinny Fiesta Tortilla Chip Dip*

### Ingredients:

- 8 oz. fat-free or reduced-fat cream cheese
- 8 oz. reduced-fat sour cream
- 16 oz. jar mild salsa
- 1 packet taco seasoning
- 2 c. iceberg lettuce, shredded
- 2 large tomatoes, diced
- 1 c. reduced-fat shredded cheddar cheese
- 2.25 oz. sliced black olives



### Directions:

1. Shred 2 cups lettuce.
2. Dice 2 large tomatoes.
3. In a bowl, put 1 packet taco seasoning, 8 oz. fat-free or reduced-fat cream cheese, and 8 oz. reduced-fat sour cream.
4. Add 16 oz. jar of mild salsa. (If you prefer, you can use hot salsa.)
5. Gently mix with an electric mixer.
6. Spread mixture evenly across a 9 x 13 pan.
7. Add the diced tomatoes to the top of the mixture.
8. Add the shredded lettuce.
9. Spread 1 cup reduced-fat shredded cheese over the lettuce.
10. Add 2.25 oz. sliced black olives.
11. Serve with tortilla chips.

### Rada items used:

R134-Cook's Knife



R126-Tomato Slicer



Thank you from Burtons Booth.

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