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FREE REGISTRATION VOUCHER INSIDE

Weight Watchers

MAGAZINE Jan/Feb 2003 £2.10

COVER GIRL KIM

'I've lost 6st & 12 dress sizes!

BE INSPIRED BY 9 MEMBERS WHO LOSE OVER

35st

NEW Time To Eat

Real Food Real Results

12-page special

WIN

EXHIBIT J Committee on Taxation
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A BREAK IN THE BIG APPLE



Paradise Valley Mash

all that's added is convenience

When you want to enjoy creamy, full-flavoured, guilt-free mashed potato in moments, choose **Paradise Valley Mash**. It really is the ultimate in instant mashed potato. It's quick, it's convenient – and it tastes great too!

With its incredible quality and texture, Paradise Valley Mash is perfect for those hurried moments when you're trying to rustle up a meal in minutes – and, let's face it, time is of the essence when we're all so busy. Yet Paradise Valley Mash doesn't compromise on flavour at the expense of convenience. In fact, this delicious mash is made with a single variety of potato, renowned for its delicious taste and supreme mashing qualities. The Russet Alturas Potatoes are grown in the beautiful Paradise Valley in the mountain environment of the high desert in northern Nevada, USA – so they're no ordinary potato!

Paradise Valley Mash is available in two yummy varieties – versatile Original and subtle Sour Cream & Chive flavour. Both are very low in Points – perfect for



your Weight Watchers Programme. What's more, unlike most varieties of instant mash, Paradise Valley tastes so good you won't believe it came from a packet and it's completely free from artificial additives and preservatives. So keep some packs in your cupboard to make perfect mash at a moment's notice. Look out for Paradise Valley Mash in Waitrose, Safeway and independent stores – on sale at £1.59 per pack.



Sour Cream & Chive Mash with Sausages & Red Onion Gravy

Sizzle eight reduced fat sausages in a non-stick frying pan, without fat, until browned. Add a sliced large red onion, a few sprigs of thyme and 300ml (1/2 pint) of gravy, made with 4 rounded teaspoons of instant gravy granules. Simmer for 10 minutes, then serve with one sachet of Paradise Valley Sour Cream and Chive Mash, made up according to low fat pack instructions. Serves 4, Points per serving 6.

Paradise Valley Fish Pie

Gently simmer 225g (8oz) of smoked haddock and 225g (8oz) of salmon, cut into large chunks, in 450ml (16fl oz) skimmed milk for 8 minutes. Add 100g (3 1/2oz) peeled prawns and some chopped parsley, then thicken with 2 level tablespoons cornflour blended with a little water. Cook for a few moments, pour into a 1.2 litre (2 pint) baking dish and pile 2 sachets of Original Paradise Valley Mash on top, made up according to low fat pack instructions. Grill until browned. Serves 4, Points per serving 6.

READEROFFER Paradise Valley has 50 packs of its mash for you to try.

Send your name and address on a postcard to: Paradise Valley Mash Giveaway, Andutra Ltd, Warlies Park House, Horseshoe Hill, Waltham Abbey, Essex EN9 3SL.

Turn to page 119 for the Points value on these and other products

