



EPICURE SELECTIONS®



EPICURE'S **DINE IN, NOT OUT**  
GUIDE TO EASY FAMILY MEALS

Kid-friendly recipes for growing minds & bodies



# Have a Night In!

It's time to bring the family back to the dinner table!

According to [FoodReview](#), people in the 1900s spent about 6 hours per day preparing food – that's almost a full-time job! By contrast, today's families spend less than 30 minutes on meal prep. No wonder studies show less than one third of us eat homemade meals together – especially with quick-fix fast foods on every corner. Most importantly, according to a new study published in the May 2011 issue of *Pediatrics*, research suggests children of families who eat together are less likely to be overweight, and may be less at risk of developing eating disorders.

With both parents working, after-school activities, commuting, shopping, cooking, cleaning up and prepping for another busy day, we know it's a challenge finding time for healthy meals. It's with busy

families in mind that we created this *Dine In, Not Out* guide to help you nourish minds and bodies with easy-to-make favourites that also save you money.

According to Statistics Canada, Canadians spend about \$7,200 per year on food, 25% of which is spent eating out – that's \$1,800 per year that could be better spent on quality food and family time! This *Dine In, Not Out* guide will help you stretch your food budget while still enjoying all your favourites. Along with prep tips to make dinner a family affair, you'll find three popular restaurant meals you can easily create at home – guaranteed to taste great and save money. Plus, they only take 40 minutes or less to dish up (on earth-friendly, 100% reusable, real plates)!

# Pizza Night In

Who doesn't love pizza? It's way more delicious, nutritious, affordable (and fun!) made your way at home.

While you can expect to pay over \$45 on a pizza night out, our better-for-you version costs under \$15 for a family of four! Catch up on weekly events as the kids help you prep toppings, load up slices, and set the table.



**Menu:** Pepperoni Pizza, Light Caesar Salad, Low-fat Brownies

**Better-for-you bonus:** Our meal saves each person approximately 650 calories, 38 g fat, and 1,200 mg sodium!\*

**Beverage beware:** 1 can of regular cola contains 10 teaspoons of sugar – yikes! Opt for sparkling water (with a squeeze of lemon or frozen berries, or a splash of 100% orange juice) for fun fizz without the added sugar.

## EPICURE'S PEPPERONI PIZZA

**Prep Time:** 5 minutes • **Cook Time:** 10–15 minutes  
**Makes:** 8 slices • **Cost per Serving:** \$1.76

Two small slices of fast-food pepperoni pizza can pack as much as 420 calories, 18 g fat, and 640 mg sodium. Cut that almost in half by opting to dine in on Epicure's better-for-you version!

- 1 – 12" (30 cm) thin-crust pizza shell
- 1 Tbsp (15 ml) extra-virgin olive oil
- 1–2 tsp (5–10 ml) **Epicure's Pizza Seasoning**, or **Epicure's Herb & Garlic Dip Mix**
- ¾ cup (180 ml) grated low-fat mozzarella cheese
- 10 oz (284 ml) chopped fresh or frozen spinach
- 8 slices pepperoni
- 1 large tomato, thinly sliced
- 1 Tbsp (15 ml) **Epicure's Margherita Sauce Mix**

1. Preheat oven to 425° F (220° C).
2. Place shell on [Epicure's Perforated Pizza Pan](#). Brush with oil and sprinkle with Pizza Seasoning.

3. Sprinkle with mozzarella, leaving a ½" (1 cm) edge. Arrange spinach, pepperoni, and tomato over cheese. Sprinkle with Margherita Sauce Mix.
4. Bake 10–15 minutes, or until cheese is bubbling and crust is lightly browned. Cut into 8 slices and serve.

**Per 2 slices:** Calories 210, Fat 11 g (Saturated 4 g, Trans 0 g), Cholesterol 15 mg, Sodium 380 mg, Carbohydrate 20 g (Fibre 2 g, Sugars 1 g), Protein 9 g

**Serving Suggestion:** Serve with seasonal greens and prepared Epicure's Dressing.

**Easy Substitution:** Try any of Epicure's tomato sauce mixes in this recipe.

**Chef Tip:** If you have time, try making your own pizza dough (it's more wait time than hands-on time). Find [Epicure's Basic Pizza Dough](#) recipe online.

\*Based on nutrition information and prices of leading fast food restaurants as of July, 2011.



## EPICURE'S LIGHT CAESAR SALAD

**Prep Time:** 10 minutes • **Makes:** 4 servings  
**Cost per Serving:** \$1.18

Typical Caesar salads can have up to 38 g fat per serving. Epicure's has only 2.5 g – finally, a low-fat Caesar salad that doesn't compromise on taste!

1 Tbsp (15 ml) **Epicure's Caesar Dressing Seasoning**

1 Tbsp (15 ml) light mayonnaise

1 tsp (5 ml) **Epicure's Minced Garlic**

½ Tbsp (7.5 ml) lemon juice

2 Tbsp (30 ml) low-fat milk

2 Tbsp (30 ml) grated Parmesan cheese

**Epicure's Garlic Pepper**, to taste

6 cups (1.5 L) chopped Romaine lettuce  
½ cup (125 ml) prepared **Epicure's Garlic Croutons**, or store-bought

1. Using Epicure's Piano Wire Whisk, whisk first 6 ingredients in a large mixing bowl. Season with Garlic Pepper.
2. Add lettuce and toss to coat.
3. Stir in Garlic Croutons and serve.

**Per serving:** Calories 70, Fat 2.5 g (Saturated 1 g, Trans 0 g), Cholesterol 5 mg, Sodium 115 mg, Carbohydrate 9 g (Fibre 2 g, Sugars 2 g), Protein 4 g

**Flavour Changer:** Try low-fat plain yogurt instead of light mayonnaise for added calcium.

## EPICURE'S LOW-FAT BROWNIES

**Prep Time:** 10 minutes • **Cook Time:** 35–40 minutes

**Makes:** 16 brownies • **Cost per Serving:** \$0.56

This guilt-free, low-fat dessert has fewer than 200 calories per serving. Cut brownies into small bites for delicate nibbling.

½ cup (125 ml) **Epicure's Pure Cocoa**

1 cup (250 ml) all-purpose flour

1 tsp (5 ml) **Epicure's Baking Powder**

½ tsp (2.5 ml) salt

2 Tbsp (30 ml) unsalted butter

1 ½ cups (375 ml) sugar

2 egg whites

½ cup (125 ml) applesauce

1 tsp (5 ml) **Epicure's Vanilla Extract**

1. Preheat oven to 350° F (175° C).
2. Lightly spray an 8" x 8" (20 cm x 20 cm) pan with vegetable oil.
3. Sift Pure Cocoa, flour, Baking Powder and salt into a medium mixing bowl.
4. In large bowl, beat together butter and sugar. Using Epicure's Piano Wire Whisk, whisk in egg whites, applesauce, and Vanilla Extract.
5. Stir flour mixture into butter and applesauce mixture until just combined.
6. Pour into prepared pan and bake 35–40 minutes (for chewy brownies, do not over-bake). Cool in pan and cut into squares.

**Per serving:** Calories 140, Fat 2.5 g (Saturated 1.5 g, Trans 0 g), Cholesterol 5 mg, Sodium 105 mg, Carbohydrate 30 g (Fibre 2 g, Sugars 20 g), Protein 2 g

**Dress It Up:** Using a stainless steel strainer or dredger, sift icing sugar or Epicure's Pure Cocoa overtop for a decorative touch.



# Grocery List

## PRODUCE

- Romaine lettuce
- Seasonal greens - optional, for side salads
- Spinach - fresh or frozen
- Tomato

## BAKERY

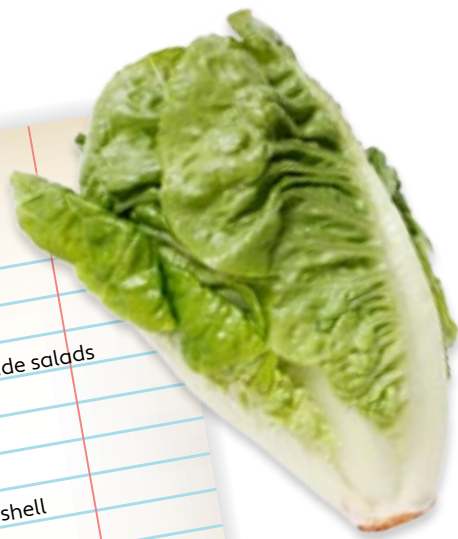
- 1 - 12" (30 cm) thin-crust pizza shell

## GROCERY & DELI

- Applesauce
- Garlic croutons
- Lemon juice
- Pepperoni slices
- Sparkling water
- Vegetarian pepperoni - optional

## DAIRY

- Egg whites
- Grated Parmesan cheese
- Light mayonnaise
- Low-fat milk
- Low-fat mozzarella cheese
- Low-fat plain yogurt  
- optional
- Unsalted butter



## STAPLES

- All-purpose flour
- Extra-virgin olive oil
- Icing sugar - optional
- Salt
- Sugar

## EPICURE PANTRY

- Baking Powder
- Caesar Dressing Seasoning
- Dressing Seasonings - your choice, optional  
for side salads
- Garlic Pepper
- Herb & Garlic Dip Mix - optional
- Margherita Sauce Mix, or your choice of  
Epicure's tomato sauces
- Minced Garlic
- Pizza Seasoning
- Pure Cocoa
- Vanilla Extract

## ESSENTIAL EPICURE COOKWARE

- Perforated Pizza Pan
- Piano Wire Whisk

# Mexican Night In

According to a new study published in the May 2011 issue of *Pediatrics*, families who eat together are 24% more likely to eat healthier foods and have healthier eating habits.

Make it a Mexican Night-in tonight for a fun family meal. Invite the in-laws – with casual Mexican fare, the more, the merrier! Mix up a big pitcher of Epicure's Agua Fresca and let the fiesta begin!



**Better-for-you bonus:** Epicure's Mexican-inspired *What's for Dinner?* options reduce sodium intake, as opposed to most store-bought and restaurant versions. Our *What's for Dinner?* Taco Recipe Seasoning Mix can save you 13 times the sodium found in leading store brands!

**Menu:** Tacos, Veggies & Dips, Agua Fresca

## EPICURE'S TACOS

**Prep Time:** 5 minutes • **Cook Time:** 10 minutes

**Makes:** 6–8 servings • **Cost per Serving:** \$2.24

Sneak in veggies by serving diced tomatoes, onions, shredded lettuce, carrots, or beets as toppings.

1–1 ½ lbs (450–675 g) lean ground beef

1 pkg **Epicure's What's for Dinner? Taco Recipe Seasoning Mix**

1 cup (250 ml) water

6–8 taco shells

1. Brown beef in Epicure's Eclipse® Coated Professional Frying Pan.

2. Stir *What's for Dinner?* Taco Recipe Seasoning Mix with water and add to pan. Simmer with beef for 5 minutes, until thickened.
3. Spoon filling into taco shells.

**Per serving:** Calories 150, Fat 6 g (Saturated 1.5 g, Trans 1 g), Cholesterol 40 mg, Sodium 105 mg, Carbohydrate 10 g (Fibre 1 g, Sugars 1 g), Protein 16 g

**Serving Suggestions:** Top with shredded lettuce, tomatoes, prepared Epicure's Salsa and Epicure's Guacamole and grated low-fat cheese. Serve with a veggie platter and prepared Epicure's Dip.

# Grocery List

## PRODUCE

- Avocados – optional, for Guacamole
- Beets – optional, for taco topping
- Carrots – optional, for taco topping
- Cilantro – optional, for Salsa
- Lettuce – optional, for taco topping
- Lime – optional in Agua Fresca
- Fresh and/or canned diced tomatoes – optional for Salsa and/or taco topping
- Veggies – optional, for healthy sides

## GROCERY

- Lime juice – optional, for Salsa and Guacamole
- Taco shells

## MEAT

- Lean ground beef

## DAIRY

- Low-fat cheese – optional, for taco topping
- Mayonnaise or Greek yogurt – optional, for dips
- Sour cream – optional, for dips and Guacamole



## STAPLES

- Sugar

## EPICURE PANTRY

### – CALL YOUR CONSULTANT TODAY!

- Agua Fresca Drink Mix
  - Dip Mix – your choice, optional for healthy sides
  - Guacamole Dip Mix – optional for taco topping
  - Salsa Mix – your choice, optional for taco topping
  - What's for Dinner? Taco Recipe Seasoning Mix
- ## ESSENTIAL EPICURE COOKWARE
- Eclipse® Coated Professional Frying Pan
  - Multi-Purpose Pot



# "Fried" Chicken Night In

Did you know that 1 piece of fried chicken from leading fast food chains contains the equivalent of 1 tablespoon of lard? Choose the baking sheet over the deep fryer! Epicure's Oven "Fried" Crispy Chicken meal tastes just as great, saves you calories, and costs only \$18 for a family of four (compared to \$25 if eating out).

**Better-for-you bonus:** Our meal also saves each person approximately 250 calories, 26 g fat, and 1,000 mg sodium.\*

**Menu:** Oven "Fried" Crispy Chicken, Oven-baked Potato Wedges, Creamy Coleslaw, Iced Tea

## EPICURE'S OVEN "FRIED" CRISPY CHICKEN

**Prep Time:** 15 minutes • **Cook Time:** 40 minutes  
**Makes:** 4 servings • **Cost per Serving:** \$2.98

Get all the mouth-watering taste of fried chicken, without the added fat!

3 Tbsp (45 ml) all-purpose flour  
1–2 Tbsp (15–30 ml) **Epicure's Greek Dressing Seasoning**  
¼ tsp (1.25 ml) **Epicure's Black Pepper** – optional  
½ cup (125 ml) cornflakes or cracker crumbs  
1 Tbsp (15 ml) freshly grated Parmesan cheese  
¼ cup (60 ml) buttermilk  
4 boneless, skinless chicken breasts  
**Epicure's Italian Sansel™** – optional, to taste

1. Preheat oven to 375° F (190° C).
2. In a shallow pie plate, combine flour, Greek Dressing Seasoning, and Black Pepper, if desired. In another shallow pie plate, mix cornflakes and Parmesan. Pour buttermilk into a small bowl.
3. Dip chicken in flour mixture, then buttermilk. Roll in cornflake mixture until all sides are well-covered.
4. Place on Epicure's Parchment-lined Baking Sheet and bake for approximately 40 minutes, or until chicken is no longer pink and juices run clear. For extra-crispy chicken, bake an additional 20 minutes.
5. Serve with Italian Sansel™, if desired, for individual seasoning.

**Per serving:** Calories 230, Fat 4 g (Saturated 1 g, Trans 0 g), Cholesterol 75 mg, Sodium 190 mg, Carbohydrate 17 g (Fibre 1 g, Sugars 2 g), Protein 30 g

\*Based on nutrition information and prices of leading fast food restaurants as of July, 2011.

Sources: A J Hammons & BH Fiese. *IS frequency of Shared Meals Related to the Nutritional Health of Children and Adolescents.* Pediatrics 2011; 127:6 e1565–e1574; published ahead of print May 2, 2011, doi:10.1542/peds.2010-1440  
Statistics Canada.

Jan. 2000, FoodReview – changes on American's eating patterns.



## EPICURE'S OVEN-BAKED POTATO WEDGES

**Prep Time:** 10 minutes • **Cook Time:** 35 minutes

**Makes:** 4 servings • **Cost per Serving:** \$0.66

4 large potatoes, scrubbed and cut in wedges

2 Tbsp (30 ml) olive oil

1 Tbsp (15 ml) **Epicure's Caesar Dressing Seasoning** or **Epicure's Greek Dressing Seasoning**

**Epicure's Sea Salt**, freshly ground, to taste

1. Preheat oven to 425° F (220° C).
2. Place potatoes in a stainless steel bowl. Add oil and Caesar Dressing Seasoning and toss to coat.
3. Spread in a single layer on Epicure's Parchment-lined Baking Sheet.
4. Bake 15 minutes, turn potatoes, and continue baking an additional 20 minutes. Season with Sea Salt.

**Per serving:** Calories 350, Fat 7 g (Saturated 1 g, Trans 0 g), Cholesterol 0 mg, Sodium 50 mg, Carbohydrate 65 g (Fibre 7 g, Sugars 4 g), Protein 8 g

**Helping Hands:** Involve the kids! They can pick the Dressing Seasoning, measure ingredients, toss potatoes to coat and arrange them on the Baking Sheet.

## EPICURE'S CREAMY COLESLAW

**Prep Time:** 10 minutes + 20–30 minutes chill time

**Makes:** 6 servings • **Cost per Serving:** \$0.54

½ cup (125 ml) light sour cream, or buttermilk

½ cup (125 ml) light mayonnaise

1 Tbsp (15 ml) vinegar

1 tsp (5 ml) sugar

**Epicure's Sea Salt**, to taste

**Epicure's Black Pepper**, to taste

2 tsp (10 ml) **Epicure's Lemon Dilly Dip Mix**

1 small cabbage, finely sliced or shredded

2 carrots, shredded

1 bunch green onions, thinly sliced – optional

1. In a stainless steel bowl, whisk together first 7 ingredients using Epicure's Piano Wire Whisk.
2. Add remaining ingredients, stirring to combine. Refrigerate before serving.

**Per serving:** Calories 110, Fat 7 g (Saturated 1.5 g, Trans 0.1 g), Cholesterol 5 mg, Sodium 190 mg, Carbohydrate 10 g (Fibre 2 g, Sugars 3 g), Protein 2 g

**Time Saver:** Instead of using cabbage and carrots, buy prepared coleslaw mix.





## EPICURE'S ICED TEA

**Prep Time:** 5 minutes • **Cook Time:** 5-10 minutes

**Makes:** approximately 7 cups (1.75 L)

**Cost per Serving:** \$0.27

Quench your thirst with this refreshing, calorie-free drink.

¼ cup (60 ml) **Epicure's Tea** (Herbal blend)  
– your choice

2 cups (500 ml) boiling water

4 cups (1 L) ice cubes

3 cups (750 ml) cold water

Sweetener, to taste

1. Steep Tea in boiling water for 7 minutes.
2. Place ice cubes in pitcher.
3. Strain hot tea over ice.
4. Top up with cold water to desired strength.  
Sweeten to taste.

**Per 1 cup (250 ml):** Calories 0, Fat 0 g (Saturated 0 g, Trans 0 g),  
Cholesterol 0 mg, Sodium 5 mg, Carbohydrate 0 g (Fibre 0 g,  
Sugars 0 g), Protein 0 g

**Flavour Changer:** Delicious with any of  
Epicure's Herbal Teas: Lemon Grass, Lemon  
Mango and Camomile Mint.

# Grocery List

## PRODUCE

- Cabbage
- Carrots
- Coleslaw mix - optional, for coleslaw
- Green onions - optional
- Potatoes

## GROCERY

- Cornflakes, or cracker crumbs
- Sweetener

## MEAT

- Boneless, skinless chicken breasts

## DAIRY

- Buttermilk
- Freshly grated Parmesan cheese
- Light mayonnaise
- Light sour cream



## STAPLES

- All-purpose flour
- Olive oil
- Sugar
- Vinegar

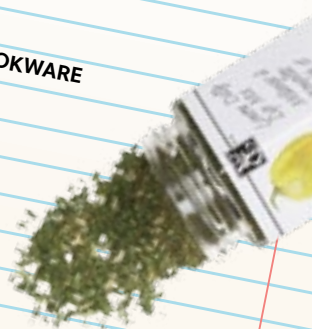
## EPICURE PANTRY

### - CALL YOUR CONSULTANT TODAY!

- Black Pepper - optional
- Caesar Dressing Seasoning
- Greek Dressing Seasoning
- Tea (Herbal blend) - your choice
- Italian Sanel™ - optional
- Lemon Dilly Dip Mix
- Sea Salt

## ESSENTIAL EPICURE COOKWARE

- Baking Sheet
- Parchment Paper





## 15 Tips for Growing Minds & Bodies of Children and Teens

1. Children can be picky eaters. Making food fun encourages kids – especially young ones – to eat their fruits and vegetables. Try:
  - Rolling it (try bananas with coconut)
  - Sprinkling it (try broccoli with Parmesan)
  - Dipping it (try veggies with dips)
  - Dunking it (try fruit with yogurt fruit dips)
  - Sneaking it in (try puréed vegetables in soups, pasta or pizza sauces. Try skim milk powder in mashed potatoes or mixed with breadcrumbs for crispy chicken, tofu, meat, or fish)
2. Get kids involved in menu planning – ask what meals they'd like to try this week.
3. Ask teens to plan dinners for the week. Epicure's monthly Grocery Bag is a great guide!
4. Make meal time a family affair: involve the kids in age-appropriate food prep, table setting, and clean-up.
5. Smaller stomachs fill up faster. Serve smaller portions, with seconds if necessary, and save leftovers for snacks later, or lunch the next day.
6. Establish meal times and snack routines, and set limits. Too much snacking after school can ruin the appetite for a healthy dinner.
7. Choose small portions of nutrient-dense snacks, such as cheese and crackers, or trail mix.
8. Have school-aged kids pack their own lunches – they'll look forward to their recess snacks and lunch!
9. Educate kids about healthy food choices using Canada's Food Guide to Healthy Eating. Available online at: <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>.
10. Be a good role model. Your choices, habits and attitudes about food will influence theirs.
11. Try introducing new foods when friends are around. If they try it, your kids will be more likely to try it, too.
12. Have teens help with food preparation to impart invaluable life skills about healthy eating and cooking.
13. Discuss healthier food choices at restaurants.
14. Buy foods you want your kids to be eating, and have healthy snacks readily available for when hunger strikes. (You may save a lot by keeping sugary snacks out of the grocery cart, too!)
15. All foods fit into a healthy diet! Help your kids understand what are "everyday foods" (lean protein, vegetables, fruit, whole grains, dairy and alternatives), and what are "sometimes foods" (fast food, chips, pop, candy). Model and teach them the 80/20 rule of healthy eating: strive to eat healthy 80% of the time, and indulge in your favourite treats 20% of the time.

# Get your October Grocery Bag!



Epicure's easy, affordable weekday dinner plan for an entire month!



## Included in your October Grocery Bag:

- Epicure's Chicken Bouillon Base
- Epicure's Barbecue Seasoning
- Epicure's 3 Onion Dip Mix
- Epicure's Ranch Dressing Seasoning

## PLUS!

- **Epicure's Plan for Health Weekly Planner** – a weekly calendar to help you answer the age-old question of *what's for dinner?*
- Over 15 easy dinner solutions with wholesome, everyday ingredients – ready in under 30 minutes!
- Tips for savvy grocery shopping and food prep
- We've even put together your grocery list!

Get easy, healthy mealtime solutions to feed a family of 4 for an entire month for less than \$45 per week, plus the cost of sides!

This month features healthy comfort foods, such as:

- Lighten-up Shepherd's Pie
- Ultimate Chicken Noodle Soup
- Pizzas, pastas, and much more!

Purchase Epicure's Grocery Bag each month for only \$25 and get amazing versatile Epicure products and easy recipes to make delicious, nutritious meals! Talk to your Epicure Selections® Consultant to order today!



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SELECTIONS