

Meals in Minutes!

Crystal MacGregor, RD, with Epicure Selections®



Let us help you take the guesswork out of healthy eating!

Epicure's quick, healthy and delicious recipes will help you spend less time in the kitchen and more time with the ones you love. This brochure includes nutrition tidbits, a grocery list, and a one-week sample healthy-eating meal plan the whole family can enjoy.

Experiment! Try substituting your favourite VE Seasonings or Dip Mixes in any of our recipes. Epicure offers endless possibilities to expand your meal plan!

Knowing what's for dinner each night is a great way to reduce weekday stress and save money! Listed below are some preparation tips to make following this meal plan a breeze!

This week's to-do list

- Prepare and refrigerate VE Dips and Dressings in reusable containers for the week
- Wash, cut and refrigerate the week's vegetables in reusable containers
- To save time, grate low-fat cheese and freeze in individual or family-sized portions. Alternatively, purchase grated cheese

	SUNDAY	MONDAY	TUESDAY
Weekly Dinners FOR DECEMBER 2008	Savoury Sunday Supper Sage and Apple Stuffed Pork Chops, steamed green and yellow beans and steamed rice	A Taste of Thai Easy Pad Thai, side greens and your favourite VE Dressing	Go Fish Seafood and Fennel Chowder with warmed whole-grain pita
	WEDNESDAY	THURSDAY	FRIDAY
Comfort Food Night Sloppy Joes, fresh vegetable platter and your favourite VE Dip	Hearty Soup Night Southwest Bean Potage with warmed whole-grain pita	Mexican Fiesta Night Tex-Mex Tortilla Bake, side salad and your favourite VE Dressing	Chicken Soup with a Twist Lemon Grass Chicken Noodle Soup, warmed whole-grain pita



SUNDAY – Savoury Sunday Supper

Sage and Apple Stuffed Pork Chops

MAKES 4 SERVINGS

- 2 Tbsp (30 ml) non-hydrogenated margarine
- 1 apple, cored and chopped
- 1 Tbsp (15 ml) VE Sage & Apple Stuffing Seasoning
- 1 cup (250 ml) toasted and cubed whole-grain bread
- VE Pepper, to taste
- ¼ cup (60 ml) low-sodium chicken broth
- 4 centre cut pork chops, 1 ½" (1.25 cm) thick
- 1 Tbsp (15 ml) extra-virgin olive oil

1. Add margarine and apples to a VE Eclipse® Coated Professional Frying Pan and sauté over medium-high heat until apple is soft and browned. Add VE Sage & Apple Stuffing Seasoning, bread, VE Pepper and broth. Heat thoroughly.
2. Place mixture on pork chops; roll closed and secure with toothpicks.
3. Return pan to stove; add oil and sear pork chops on both sides for approximately 3 minutes. Reduce heat to medium-low and cook for an additional 5 minutes.

Serving Suggestion Serve with brown rice and steamed green and yellow beans sprinkled with VE Focaccia Bread Spices.

PER SERVING: **Calories** 270, **Fat** 18 g (Saturated 4.5 g, Trans 0 g), **Cholesterol** 55 mg, **Sodium** 160 mg, **Carbohydrate** 9 g (Fibre 1 g, Sugars 5 g), **Protein** 17 g.

Cost per serving : \$2.74

MONDAY – A Taste of Thai

Add a taste of Thai and serve up ethnic flare with this tasty meal. Boost nutrition by adding your favourite chopped vegetables.

Easy Pad Thai

MAKES 4 SERVINGS

- ½ lb (250 g) dried rice noodles
- ¼ cup (60 ml) sugar
- 3 Tbsp (45 ml) rice vinegar
- 1 tsp (5 ml) paprika
- 3 Tbsp (45 ml) fish sauce
- 1 Tbsp (15 ml) vegetable oil
- 1 tsp (5 ml) VE Minced Garlic
- VE Crushed Chilies, to taste
- 2 eggs or 4 egg whites
- 1 cup (250 ml) chopped chicken or tofu, cooked
- 1 cup (250 ml) bean sprouts
- ¼ cup (60 ml) VE 3 Onion Dip Mix
- 2 Tbsp (30 ml) finely chopped roasted peanuts
- Optional – cilantro, chopped to taste
- Lime wedges, quartered

1. Cook rice noodles according to package directions.
2. Combine sugar, vinegar, paprika and fish sauce in a small mixing bowl.
3. Add oil, VE Minced Garlic, VE Crushed Chilies and sauce mixture to a VE Chef™ Eclipse® Coated Wok over medium-high heat.
4. Add egg and let set. Once set, mix together.
5. Add chicken or tofu and noodles; heating thoroughly. Top with sprouts and garnish with VE 3 Onion Dip Mix, peanuts, cilantro and lime wedges.

Serving Suggestion Serve with a side of greens and your favourite VE Dressing.

PER SERVING: **Calories** 430, **Fat** 10 g (Saturated 2 g, Trans 0 g), **Cholesterol** 150 mg, **Sodium** 190 mg, **Carbohydrate** 66 g (Fibre 3 g, Sugars 11 g), **Protein** 19 g.

Cost per serving : \$2.98

TUESDAY – Go Fish

Fennel is a good source of vitamin C and contains other phytonutrients that may reduce the risk of certain cancers.

Seafood and Fennel Chowder

MAKES 4 SERVINGS

- 1 Tbsp (15 ml) extra-virgin olive oil
- Optional – 2 cups (500 ml) fennel bulb
- 1 cup (250 ml) chopped red onion
- 2 tsp (5 ml) VE Minced Garlic
- 1 – 14 oz (396 ml) diced tomatoes with juice
- 4 cups (1 L) low-sodium chicken broth
- VE Crushed Chilies, to taste
- 1 cup (250 ml) tilapia fillet or any white fish, cut into large chunks
- $\frac{1}{3}$ cup (80 ml) canned whole baby clams, rinsed and drained
- 4 oz (120 g) cooked baby shrimp
- 1 cup (250 ml) partly-skimmed evaporated milk
- 2 Tbsp (30 ml) fresh fennel leaves, chopped
- Optional – 1 orange, quartered

1. Heat oil in a large VE Multi-Purpose Pot over medium heat. Add fennel bulb, onion and VE Minced Garlic. Cover and sauté, stirring occasionally for approximately 4 minutes, or until onion browns.
2. Add tomatoes and juice, broth and VE Crushed Chilies. Bring to boil over high heat. Add tilapia, clams, shrimp and milk.
3. Reduce heat and simmer for 5 minutes. Serve sprinkled with fennel leaves and squeeze orange wedge over each serving.

Serving Suggestion Serve with warmed whole-grain pita, perfect for dunking.

Preparation Tip This recipe can be made with chopped celery or 2 tsp (10 ml) fennel seeds instead of fennel leaves, if fennel is not available.

PER SERVING: **Calories** 240, **Fat** 7 g (Saturated 1.5 g, Trans 0 g), **Cholesterol** 100 mg, **Sodium** 330 mg, **Carbohydrate** 14 g (Fibre 3 g, Sugars 4 g), **Protein** 31 g.

Cost per serving : \$3.23

WEDNESDAY – Comfort Food Night

This meal is great for dinner as well as lunch - a home run for the whole family on a cold winter night.

Sloppy Joes

MAKES 4 SERVINGS

- 1 lb (450 g) extra-lean ground beef or ground soy round
- 1 onion, chopped
- 4 tsp (20 ml) VE Minced Garlic
- 1 green bell pepper, chopped
- 1 Tbsp (15 ml) VE Jalapeño Pepper Jelly
- 1 – 28 oz (795 ml) can diced tomatoes
- 1 – 19 oz (540 ml) can red kidney beans, drained and rinsed
- $\frac{1}{4}$ cup (60 ml) large flaked oats
- 1 Tbsp (15 ml) VE Chili Seasoning
- 2 tsp (10 ml) Worcestershire sauce
- 2 whole-grain pitas, cut in half
- 2 cups (500 ml) washed and chopped romaine or iceberg lettuce
- 2 tomatoes, chopped

1. Cook beef in a large VE Eclipse® Coated Professional Frying Pan over medium-high heat for about 8 minutes, or until browned.
2. Add onion, VE Minced Garlic, pepper and VE Jalapeño Pepper Jelly and cook for 5 minutes.
3. Add tomatoes, beans, oats, VE Chili Seasoning and Worcestershire sauce. Bring to a boil; reduce heat to medium-low and simmer for approximately 25 minutes, stirring occasionally until thickened.
4. Scoop mixture into pita halves and top with lettuce and tomato.

Serving Suggestion Serve with a vegetable platter and your favourite prepared VE Dip.

PER SERVING: **Calories** 490, **Fat** 6 g (Saturated 1.5 g, Trans 0 g), **Cholesterol** 45 mg, **Sodium** 340 mg, **Carbohydrate** 74 g (Fibre 21 g, Sugars 16 g), **Protein** 35 g

Cost per serving : \$3.64.

THURSDAY – Hearty Soup Night

Potage is a thick and hearty soup. This one is sure to stick to your ribs, packing 6 g of fibre per serving.

Southwest Bean Potage

MAKES 4 SERVINGS

- 1 Tbsp (15 ml) extra-virgin olive oil
- 2 cups (500 ml) onion
- 2 cups (500 ml) chopped red bell pepper
- 1 Tbsp (15 ml) VE Minced Garlic
- 1 Tbsp (15 ml) VE Pueblo Bean Dip Mix
- 1 – 15 oz (443 ml) can pumpkin
- 1 – 15 oz (443 ml) pinto beans, rinsed and drained
- 4 cups (1 L) low-sodium vegetable broth
- 2 cups (500 ml) shredded baby spinach leaves
- 4 tsp (20 ml) roasted, chopped pumpkin seeds
- Optional – 1 lime, quartered
- Optional – sherry vinegar, to taste

1. Heat oil, onion, pepper, VE Minced Garlic and VE Pueblo Bean Dip Mix in a large VE Multi-Purpose Pot over medium heat. Cover and sauté, stirring occasionally until softened; approximately 5 minutes.
2. Add pumpkin, beans and broth, and simmer for 10 minutes.
3. Add spinach and cook for 2 minutes or until wilted.
4. Serve in bowls and garnish with pumpkin seeds, lime wedges and sherry vinegar, if desired.

Serving Suggestion Serve with warmed whole-grain pita and a refreshing glass of low-fat milk.

PER SERVING: **Calories** 300, **Fat** 6 g (Saturated 1.5g, Trans 0 g), **Cholesterol** 0 mg, **Sodium** 120 mg, **Carbohydrate** 50 g (Fibre 6 g, Sugars 4 g), **Protein** 17 g.

Cost per serving : \$2.74

FRIDAY – Mexican Fiesta Night

Leftovers make a perfect lunch for the next day.

Tex-Mex Tortilla Bake

MAKES 8 SERVINGS

- 1 cup (250 ml) bell pepper
- 2 tsp (10 ml) vegetable oil
- ¼ cup (60 ml) VE 3 Onion Dip Mix
- 1 cup (250 ml) canned corn
- 1 cup (250 ml) prepared VE Salsa – any kind
- 1 Tbsp (15 ml) VE Taco Seasoning
- 2 tsp (10 ml) VE Minced Garlic
- ⅓ cup (80 ml) light sour cream
- ½ cup (125 ml) light ricotta
- 1 cup (250 ml) partly-skimmed mozzarella cheese
- ¼ cup (60 ml) light cream cheese
- 4 – 9” (23 cm) whole-grain tortillas
- 2 cups (500 ml) kidney beans, drained, rinsed and puréed

1. Preheat oven to 375° F (190° C).
2. Sauté pepper and oil in a VE Eclipse® Coated Professional Frying Pan over medium heat. Stir in VE 3 Onion Dip Mix, corn, VE Salsa, VE Taco Seasoning and VE Minced Garlic, heating thoroughly. Remove from heat and set aside.
3. In a separate bowl, combine sour cream, ricotta, mozzarella and cream cheese. Set aside.
4. Place 1 tortilla in the bottom of a spring form pan or on top of a VE Parchment-lined baking sheet. Layer with ⅓ vegetable mixture, cheese mixture and beans. Top with another tortilla and repeat.
5. Bake in oven for 25 minutes, or until heated thoroughly and cheese is melted, approximately 5 - 10 minutes.

Serving Suggestion Serve with side salad, your favourite prepared VE Dressing and a refreshing glass of low-fat milk.

PER SERVING: **Calories** 270, **Fat** 8 g (Saturated 3.5 g, Trans 0 g), **Cholesterol** 20 mg, **Sodium** 590 mg, **Carbohydrate** 35 g (Fibre 7 g, Sugars 5 g), **Protein** 13 g.

Cost per serving : \$1.99

SATURDAY – Chicken Soup with a Twist

Fresh and nurturing, soup is ideal for a cold winter day. VE Lemon Grass Tea adds a delightful twist to a comfort food favourite.

Lemon Grass Chicken Noodle Soup

MAKES 4 SERVINGS

4 cups (1 L) low-sodium chicken broth

2 slices fresh ginger root, lightly mashed

½ cup (125 ml) cubed oyster mushrooms

1 ½ cups (375 ml) cubed chicken breast

½ cup (125 ml) brewed VE Lemon Grass Tea

1 cup (250 ml) bite-sized pasta

3 cups (750 ml) chopped baby spinach leaves

VE Pepper, to taste

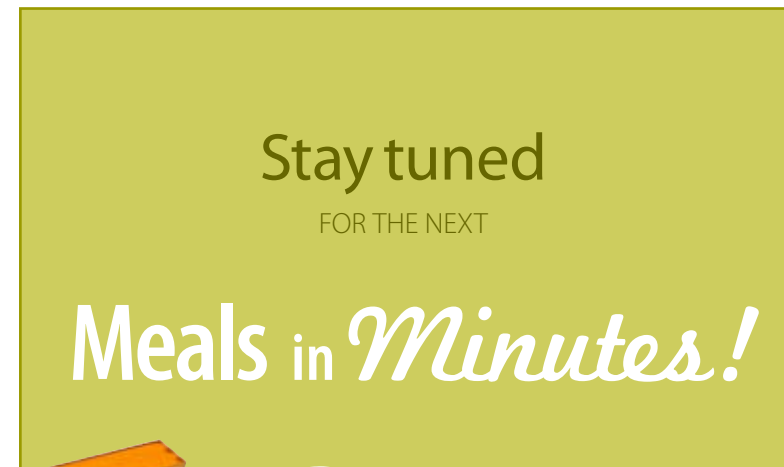
Optional – 1 Tbsp (15 ml) fresh cilantro leaves

1. Add broth, ginger, mushrooms, chicken, VE Lemon Grass Tea and pasta to a large VE Multi-Purpose Pot over high heat. Bring to boil. Reduce heat to medium-low and simmer until chicken is fully cooked.
2. Add spinach and boil for 2 minutes. Season with VE Pepper.
3. Serve in bowls and garnish with cilantro leaves, if desired.

Serving Suggestion Serve with warmed whole-grain pita and a refreshing glass of low-fat milk.

PER SERVING: **Calories** 270, **Fat** 3.5 g (Saturated 1 g, Trans 0 g), **Cholesterol** 40 mg, **Sodium** 160 mg, **Carbohydrate** 40 g, (Fibre 2 g, Sugars 1 g), **Protein** 17 g.

Cost per serving : \$2.39



ONE-WEEK HEALTHY-EATING Grocery List

CONTACT YOUR EPICURE SELECTIONS® CONSULTANT TODAY TO ORDER YOUR VE HERB & SPICE BLENDS.

MY EPICURE SELECTIONS® CONSULTANT: _____

PHONE NUMBER: _____

EMAIL: _____

Planning ahead will save you **time and money**.

Always check first to see what you have on hand before you buy.

PRODUCE *The darker the colour, the better!*

- Vegetables for sides and platters – your choice
- Apples
- Green and yellow beans
- Bean sprouts
- Cilantro
- Dark greens
- Baby spinach
- Fennel bulb
- Fennel leaves – optional
- Fennel seeds – optional
- Onion
- Red onion
- Ginger root
- Bell peppers
- Limes
- Tomatoes
- Oyster mushrooms
- Orange
- Romaine or iceberg lettuce
- Ground soy round – optional, to replace ground beef
- Tofu – optional, to replace chicken
- Celery – optional

GROCERY *Read nutrition labels!*

- Brown rice
- Rice noodles
- Rice vinegar
- Fish sauce
- Canned corn

- Kidney beans
- Pinto beans
- Canned pumpkin
- Worcestershire sauce
- Unsalted pumpkin seeds
- Large flaked oats
- Bite-sized whole wheat pasta – any kind
- Unsalted peanuts, chopped
- Low-sodium diced tomatoes
- Canned whole baby clams
- Partly-skimmed evaporated milk
- Sherry vinegar – optional

BAKERY *Think whole-grain!*

- Whole-grain pita
- Whole-grain tortilla
- Whole-grain bread

DAIRY *Think low-fat!*

- Low-fat yogurt (plain for dips)
- Low-fat mozzarella cheese
- Light sour cream
- Light cream cheese
- Eggs
- Non-hydrogenated margarine
- Low-fat milk
- Light ricotta cheese

MEAT/SEAFOOD/POULTRY *Think lean!*

- Extra-lean ground beef
- Boneless, skinless chicken breasts*

- Centre-cut pork chops
 - Tilapia or firm white fish*
 - Cooked baby shrimp
- *Fresh or frozen

VE PRODUCT PANTRY *Spice up your life!*

- VE Dip Mix & Dressing Mixes – any kind
- Pepper
- Sage & Apple Stuffing Seasoning
- Focaccia Bread Spices
- 3 Onion Dip Mix
- Minced Garlic
- Crushed Chilies
- Pueblo Bean Dip Mix
- Chili Seasoning
- Jalapeño Pepper Jelly
- Lemon Grass Tea
- Salsa – any kind
- Taco Seasoning

STAPLES *Be sure to stock your pantry!*

- Extra-virgin, cold-pressed olive oil
- Vegetable oil
- Light mayonnaise
- Low-sodium chicken or vegetable broth
- Sugar
- Paprika

For
extra calcium,
try making VE Dips
and Dressings with
low-fat yogurt.