



Cost per serving: \$2.32

Long Weekend Eats

The pleasure of cooking can lose its appeal during hot summer months – and no one wants to sweat it out in the kitchen on a long weekend! Keep the sizzle outside with Epicure's easy 'beat-the-heat' summer menu: light, luscious meal-in-a-bowl salads, healthy Mediterranean grazing platters and gyro burgers.



For recipes and to shop online, visit
www.epicureselections.com

Epicure's Greek Gyro Burgers

This is Epicure's version of a 'gyro' (YEE-roh), a Greek pita sandwich containing slices from a large, traditional, spit-roasted 'meatloaf' of ground, spiced lamb. The lamb is wrapped in a grilled pita with tomatoes, lettuce and prepared Epicure's Tzaziki.

PREP TIME: 20 MIN • COOK TIME: 10 MIN

MAKES: 4 SERVINGS

- 1 cup (250 ml) soft white breadcrumbs
- 2 Tbsp (30 ml) lemon juice
- 2 Tbsp (30 ml) water
- 2 tsp (10 ml) [Epicure's Hummus Dip Mix](#)
- 1 tsp (5 ml) [Epicure's Lamb Seasoning](#)
- 1 Tbsp (15 ml) [Epicure's Toasted Onion](#)
- ½ tsp (2.5 ml) [Epicure's Cinnamon \(Ground\)](#)
- 1 lb (450 g) lean ground lamb
- 4 pita pockets
- 4 slices tomato
- 4 slices red onion

1. Combine first 8 ingredients in a large bowl, mixing well.
2. With water-moistened hands, form mixture into 4 – ¾" (2 cm) thick patties.
3. Place patties on a barbecue grill over medium-high heat. Close lid and cook for 5 minutes. Flip patties and continue to cook for an additional 5 minutes, or until an instant-read thermometer indicates a food-safe internal temperature of 160° F (71° C).
4. To serve, cut top ¼ off each pita. Push cut-off portion to bottom of pita for an extra layer.
5. Warm prepared pitas on side of grill. When pita is hot, fill each with a lamb patty and a slice of tomato and onion. Or, serve as an open-face burger. Simply grill whole pitas, top with patties and fixings.

Per serving: Calories 670, Fat 30 g (Saturated 13 g, Trans 0 g), Cholesterol 140 mg, Sodium 690 mg, Carbohydrate 55 g (Fibre 4 g, Sugars 10 g), Protein 43 g

Preparation Tip Patties may be prepared up to 24 hours ahead. Cover and refrigerate until required.

Epicure's Smok'n Cobb Salad

Epicure's Smoky Ranch Dip imparts the smoky bacon taste found in traditional Cobb Salads.

MAKES 4 SERVINGS

PREP TIME: 20 MINUTES

- 1 head iceberg or romaine lettuce, shredded
- 2 hard-cooked eggs, coarsely chopped
- 2 large tomatoes, chopped
- 1 avocado, chopped
- 2 cups (500 ml) chopped cooked chicken or turkey
- ½ cup (125 ml) crumbled blue cheese
- ½ recipe prepared [Epicure's Smoky Ranch Dip](#)
- 1–2 Tbsp (15–30 ml) milk

1. Arrange lettuce, eggs, tomatoes, avocado, chicken and blue cheese in neat row on a platter.
2. Stir Epicure's Smoky Ranch Dip with enough milk to make a liquid form. Drizzle dressing over salad, or serve alongside.

Per serving: Calories 350, Fat 20 g (Saturated 8 g, Trans 0.1 g), Cholesterol 180 mg, Sodium 370 mg, Carbohydrate 14 g (Fibre 5 g, Sugars 5 g), Protein 28 g



Cost per serving: \$2.93

Epicure's Meze Platter

Meze is a collection of small Greek-inspired dishes, similar to Spanish tapas. These Mediterranean delights can be made ahead, so when it's too hot to cook, simply assemble an attractive "help yourself" platter with what's on hand. Any selection makes a great afternoon snack or a low-key addition to dinner – or dinner itself!

1. Epicure's Hummus
2. Epicure's Tzaziki
3. Epicure's Olive Tapenade
4. Epicure's Roasted Red Pepper Dip
5. Epicure's Spinach Dip and Epicure's Greek Pita Chips
6. Epicure's Marinated Greek Olives
7. Epicure's Lemony Chickpea Salad
8. Leftover Epicure's Souvlaki, shredded into pita pockets
9. Tinned salmon, tuna or sardines topped with Epicure's Greek Dressing
10. Shrimp with Epicure's Pesto
11. Dolmades for dipping into any of Epicure's prepared dips. Available at the deli counter in most grocery stores.

Find recipes online at www.epicureselections.com.



Shopping List

EPICURE'S HERBS & SPICES

- Epicure's Hummus Dip Mix
- Epicure's Lamb Seasoning
- Epicure's Toasted Onion
- Epicure's Cinnamon (Ground)
- Epicure's Tzaziki Dip Mix
- Epicure's Smoky Ranch Dip Mix
- Epicure Seasonings for your choice of Meze Platter dishes
- Epicure's Apple Pie Spice
- Epicure's Crushed Chilies – optional

EPICURE'S COOKWARE

- Epicure's Eclipse® Coated Grill Pan



Purchase these delicious Epicure's products online, search for recipes, and so much more!

www.epicureselections.com

Epicure's Grilled Pineapple

Keep dessert light and simple. Not only is grilled fruit quick to prepare and cook, it caramelizes on the grill to sweet satisfaction!

MAKES 4 SERVING

PREP TIME: 5 MINUTES

COOK TIME: 6-8 MINUTES

½ pineapple, fresh or canned, sliced

2 Tbsp (30 ml) butter, melted

2 tsp (10 ml) brown sugar

1 tsp (5 ml) [Epicure's Apple Pie Spice](#)

Optional – pinches of [Epicure's Crushed Chilies](#)

1. Peel pineapple and cut out core. Slice into large pieces.
2. Stir butter with sugar, Epicure's Apple Pie Spice and Epicure's Crushed Chilies, if desired. Brush both sides of pineapple slices with butter mixture.
3. Heat Epicure's Eclipse® Coated Grill Pan, then add pineapple and drizzle with butter mixture. Grill 3-5 minutes per side, until marks form and pineapple is glazed.
4. Enjoy as-is or spoon over yogurt.

Per serving: Calories 120, Fat 6 g (Saturated 3.5 g, Trans 0 g), Cholesterol 15 mg, Sodium 45 mg, Carbohydrate 19 g (Fibre 2 g, Sugars 15 g), Protein 1 g

Tip Serve with vanilla frozen yogurt.



Cost per serving: \$0.89

EPICURE™
SELECTIONS