



# Father's Day Barbecue Feast

## Feature Menu

**Celebrate the leading man in your life!** You *could* take Dad out for an expensive steak dinner OR he could relax in the comfort of his own home while you cook up his favourite feast – **for a fraction of the cost!**

**ONLY \$3.56 per serving** for a delicious, healthy, 3-course dinner!

Serve him something tall and frosty while you make a meal fit for a king!

Eat well, save money and cook with love — *it's easy with Epicure!*



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## Light Caesar Salad

Finally, a low-fat Caesar salad that doesn't compromise on taste!

**MAKES 4 SERVINGS**

- 1 Tbsp (15 ml) [VE Caesar Dressing Mix](#)
- 1 Tbsp (15 ml) light mayonnaise
- 1-2 tsp (5-10 ml) [VE Minced Garlic](#), or 1 clove crushed garlic
- ½ Tbsp (7.5 ml) lemon juice
- 2 Tbsp (30 ml) low-fat milk
- 2 Tbsp (30 ml) grated parmesan cheese
- [VE Pepper](#), to taste
- 6 cups (1.5 L) romaine lettuce, cut into bite-sized pieces
- ½ cup (125 ml) garlic croutons

1. Whisk first 6 ingredients in a large mixing bowl with a [VE Stainless-Steel Piano Wire Whisk](#). Season with [VE Pepper](#).
2. Add lettuce and toss to coat.
3. Stir in croutons and serve.

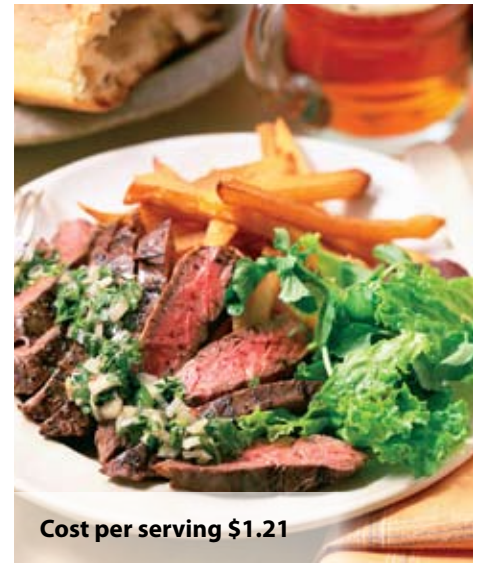
**Per serving:** Calories 70, Fat 2.5 g (Saturated 1 g, Trans 0 g), Cholesterol 5 mg, Sodium 115 mg, Carbohydrate 9 g (Fibre 2 g, Sugars 2 g), Protein 4 g

**Creative Cooking** *Instead of [VE Minced Garlic](#), try [VE Roasted Garlic](#).*

**Cook Once/Eat Twice** *Save time and money. Double this recipe and use the rest in a wrap with extra [Barbecue-Rubbed Flank Steak](#)*



**Cost per serving \$1.10**



**Cost per serving \$1.21**

## Barbecue-Rubbed Flank Steak

Flank steak has all the flavour of more expensive cuts at a fraction of the cost!

**MAKES 4 SERVINGS**

- 1 ½ lbs (680 g) flank steak
- 1 Tbsp (15 ml) [VE Barbecue Rub](#)
- [VE Sea Salt](#) and [VE Pepper](#), to taste

1. Score steak with a grid pattern of ¼" (0.63 cm) deep cuts using a [VE Chef Utility Knife](#).
2. Evenly massage [VE Barbecue Rub](#) onto steak. Marinate covered in fridge for 2–4 hours. Season with [VE Salt](#) and [VE Pepper](#).
3. Place steak on a well-oiled grill over medium-high heat and cook for 3–4 minutes. Turn with [VE Locking Silicone Tongs](#) and repeat.
4. Remove steak from heat and rest for 5 minutes. Thinly slice against the grain and serve.

**Per serving:** Calories 280, Fat 13 g (Saturated 5 g, Trans 0 g), Cholesterol 70 mg, Sodium 230 mg, Carbohydrate 1 g (Fibre 1 g, Sugars 0 g), Protein 37 g

**Creative Cooking** *For a spicier version, try [VE Chili Seasoning](#) or [VE Chipotle Chili](#) instead of [VE Barbecue Rub](#).*

**Preparation Tip** *Flank steak is best enjoyed medium-rare.*

**Cook Once/Eat Twice** *Save time and money. Double this recipe and use the rest in a wrap with extra [Light Caesar Salad](#) or a steak sandwich spread with prepared [VE 3 Onion Dip](#).*

Epicure Selections® *Entertaining Made Easy*



Cost per serving \$1.25

## Tiramisu Pudding Trifle

A simpler, healthier take on an Italian classic. Get the same indulgent taste for much less — traditional tiramisu weighs in at a whopping 1,140 calories and 107 g fat!

### MAKES 8 SERVINGS

- 1 box (153 g) instant vanilla pudding
- 2 cups (500 ml) skim milk
- 3 Tbsp (45 ml) **VE Tiramisu Dessert Dip Mix**
- 1 package (400 g) ladyfinger cookies
- 1 cup (250 ml) cold coffee or espresso
- VE Pure Cocoa**, to taste

1. Prepare pudding according to package directions, using 2 cups (500 ml) skim milk. Add 2 Tbsp (30 ml) VE Tiramisu Dessert Dip Mix and stir to combine. Cover and refrigerate for 20–30 minutes.
2. Dip  $\frac{1}{3}$  ladyfingers into coffee and place in a single layer in a clear glass serving bowl. Spread approximately  $\frac{1}{3}$  pudding over ladyfingers and lightly dust with VE Pure Cocoa. Repeat layers until finished.
3. Lightly dust with VE Pure Cocoa and sprinkle with remaining VE Tiramisu Dessert Dip Mix. Cover and refrigerate until ready to serve.

**Per serving:** Calories 260, Fat 5 g (Saturated 2 g, Trans 0 g), Cholesterol 185 mg, Sodium 290 mg, Carbohydrate 46 g (Fibre 1 g, Sugars 28 g), Protein 8 g

**Creative Cooking for a Canadian twist, try VE Maple Spice Fruit Dip Mix instead of VE Tiramisu Dessert Dip Mix.**

## Shopping List

Contact your Epicure Consultant or visit Shop Online TODAY for versatile VE products to make this *Father's Day Barbecue Feast* even easier and more affordable!

### VE COOKWARE

- VE Stainless-Steel Piano Wire Whisk
- VE Chef™ Utility Knife
- VE Locking Silicone Tongs

### VE HERBS & SPICES

- VE Caesar Dressing Mix
- VE Minced Garlic
- VE Pepper
- VE Barbecue Rub
- VE Sea Salt
- VE 3 Onion Dip Mix
- VE Tiramisu Dessert Dip Mix
- VE Pure Cocoa

### CREATIVE COOKING SPICE SUBSTITUTIONS

- VE Roasted Garlic
- VE Chili Seasoning
- VE Chipotle Chili
- VE Maple Spice Fruit Dip Mix



More fabulous VE products and easy, delicious recipes are yours to discover online!

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