



# The Great Canadian Backyard Barbecue

## Featured Menu

Delight your family with a **balanced, delicious, budget-friendly summer menu**, made easy with Epicure. Enjoy a 3-course Great Canadian Backyard Barbecue for **ONLY \$5.92 per person**. Easily double or triple recipes to enjoy with friends and family!

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



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## Tuscan Grilled Chicken

A simple, delicious, easy Italian chicken recipe. Low in sodium, too!

**MAKES 4 SERVINGS**

4 – 4 oz (132 g) boneless, skinless chicken breasts

2 tsp (10 ml) olive oil

4 tsp (20 ml) [VE Tuscan Rub](#)

[VE Sea Salt](#) and [VE Pepper](#), to taste

1. Pre-heat grill to medium-high or griddle pan to medium heat.
2. Brush each chicken breast with ½ tsp (2.5 ml) oil using a [VE Silicone Basting Brush](#). Gently rub each piece with 1 tsp (5 ml) VE Tuscan Rub. Season with VE Sea Salt and VE Pepper.
3. Lightly spray grill with vegetable oil or non-stick cooking spray and grill for 5–6 minutes per side, or until cooked through and juices run clear.

Per serving (1 chicken breast): Calories 170, Fat 5 g (Saturated 1 g, Trans 0 g), Cholesterol 76 mg, Sodium 65 mg, Carbohydrate 1 g (Fibre 1 g, Sugars 0 g), Protein 27 g

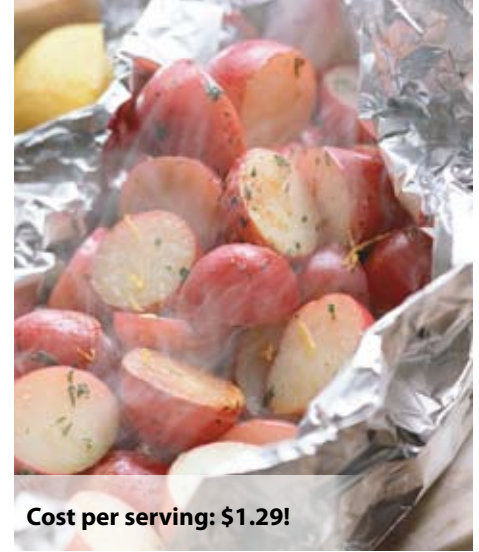
**Eat well for even less!** Use *boneless, skinless chicken thighs instead of breasts to SAVE an extra \$0.92 per serving!*

**Creative Cooking** Try [VE Pesto Herb Mix](#) or [VE Tex-Mex Rub](#) instead of [VE Tuscan Rub](#).

**Health Tip** Use a [VE Instant-Read Pocket Thermometer](#) to ensure a *Food Safe internal temperature of 76°C (170°F) is reached.*



**Cost per serving: \$2.57!**



**Cost per serving: \$1.29!**

## Grilled Garlic Potato Pockets

A super-easy, low-fat, low-sodium way to spice up your spuds! Leave potato skins on for added dietary fibre.

**MAKES 4 SERVINGS**

1 Tbsp (15 ml) water

2 Tbsp (30 ml) [VE Sweet & Spicy Mustard](#)

1 lb (450 g) new potatoes, cut into 1" (2.5 cm) pieces

1 red onion, cut into ½" (1.25 cm) strips

[VE Sea Salt](#) and [VE Pepper](#), to taste

2 Tbsp (30 ml) [VE Garlic Potato Topper](#)

1. Preheat grill to medium-high heat or oven to 190°C (375°F).
2. Whisk water and VE Sweet & Spicy Mustard in a large mixing bowl. Add potatoes and onions and toss to coat. Season with VE Sea Salt and VE Pepper.
3. Place 4 – 9 x 12" (23 x 30 cm) sheets of aluminum foil on a flat work surface. Divide potatoes between sheets and top each with ½ Tbsp (7.5 ml) VE Garlic Potato Topper. Fold foil into square pockets, tightly crimping edges to seal.
4. Cook for 25–30 minutes, or until potatoes are cooked through and tender. Open carefully and serve warm.

Per serving: Calories 140, Fat 0.5 g (Saturated 0.1 g, Trans 0 g), Cholesterol 0 mg, Sodium 80 mg, Carbohydrate 31 g (Fibre 4 g, Sugars 5 g), Protein 4 g

**Creative Cooking** Try [VE Bacon Potato Topper](#) instead of [VE Garlic Potato Topper](#).

**Health Tip** Baked and boiled root vegetables topped with [VE Potato Toppers](#) make a *nutritious, delicious, economical addition to any meal.*

Epicure Selections® Entertaining Made Easy



**Cost per serving = \$2.06!**

## Grilled Vegetable Salad

The whole family can get their veggies with this easy, healthy recipe – it's too tasty to turn down!

### MAKES 4 TO 6 SERVINGS

1 small eggplant, cut in half, then cut into ½" (1 cm) slices  
1 zucchini, cut into ¼" (0.5 cm) slices  
1 red and 1 yellow pepper, cut into thick slices  
1 yellow squash, cut into ¼" (0.5 cm) slices  
¼ cup (60 ml) prepared [VE Classic Vinaigrette](#)  
[VE Sea Salt](#) and [VE Pepper](#), to taste

1. Preheat grill to medium, or oven to 375° F (190° F).
2. Combine first 4 ingredients in a large mixing bowl. Add [VE Classic Vinaigrette](#) and toss to coat. Season with [VE Sea Salt](#) and [VE Pepper](#).
3. Remove vegetables and reserve dressing. Grill vegetables for 3 minutes per side, or until just cooked through. Alternatively, place vegetables on a [VE Parchment-lined baking sheet](#) and bake for 10–15 minutes, or until just cooked through.
4. Remove from heat. Return to mixing bowl with reserved [VE Classic Vinaigrette](#) and toss to coat. Serve warm or at room temperature.

**Per serving:** Calories 160, Fat 10 g (Saturated 1.5 g, Trans 0 g), Cholesterol 0 mg, Sodium 105 mg, Carbohydrate 18 g (Fibre 7 g, Sugars 7 g), Protein 4 g.

**Creative Cooking** Try prepared [VE Greek Dressing](#) instead of [VE Classic Vinaigrette](#).

**Serving Suggestion** Finish with a deliciously fresh dessert: fruit kabobs with any kind of prepared [VE Fruit Dip](#).

## Shopping List

Contact your Epicure Consultant or visit Shop Online TODAY for versatile VE products to make your *Great Canadian Barbecue* even easier and more affordable!

### VE COOKWARE

- VE Silicone Basting Brush
- VE Instant-Read Pocket Thermometer
- VE Parchment Paper
- VE Baking Sheet

### VE HERBS & SPICES

- VE Tuscan Rub
- VE Sea Salt
- VE Pepper
- VE Sweet & Spicy Mustard
- VE Garlic Potato Topper
- VE Classic Vinaigrette

### CREATIVE COOKING SPICE SUBSTITUTIONS

- VE Pesto Herb Mix
- VE Tex-Mex Rub
- VE Bacon Potato Topper
- VE Greek Dressing Mix
- VE Fruit Dip Mix – any kind



Purchase these delicious VE products online, search for recipes, and so much more!  
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