



Long Weekend Eats & Treats

Featured Menu

Whatever your long weekend plans, let Epicure help you relax with an easy-breezy summer meal – perfect for a laid-back barbecue or patio dinner party with family and friends!

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



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House Ranch Pasta Salad

Cool, creamy VE Ranch Dressing and fresh vegetables make this easy pasta salad a great staple.

MAKES 12 SERVINGS

- 4 cups (1 L) bite-sized pasta
- 2 cups (500 ml) broccoli florets
- 1 recipe prepared [VE Ranch Dressing](#)
- 1 red bell pepper, coarsely diced
- 1 green bell pepper, coarsely diced
- 2 cups (500 ml) halved cherry tomatoes
- 1 cup (250 ml) cubed mozzarella cheese
- [VE Sea Salt](#) and [VE Pepper](#), to taste

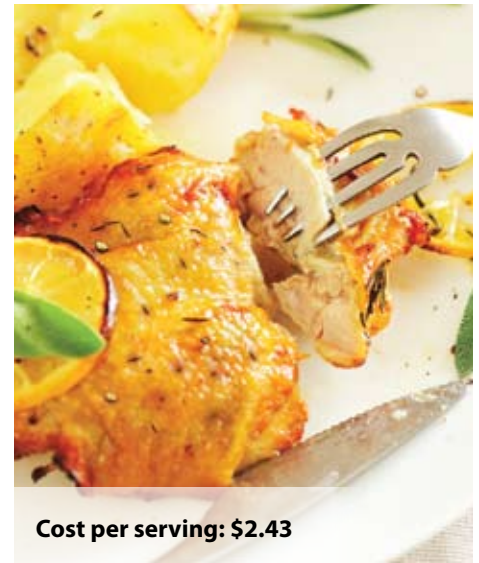
1. Cook pasta according to package directions.
2. Steam broccoli until tender-crisp. Refresh under cold water, drain and set aside.
3. Whisk VE Ranch Dressing in large mixing bowl. Add peppers, tomatoes, mozzarella, pasta and broccoli and toss to coat.
4. Season with VE Sea Salt and VE Pepper. Serve chilled.

Per serving: Calories 120, Fat 2.5 g (Saturated 1 g, Trans 0 g), Cholesterol 10 mg, Sodium 100 mg, Carbohydrate 18 g (Fibre 2 g, Sugars 2 g), Protein 6 g

Creative Cooking Try [VE Classic Vinaigrette](#) instead of [VE Ranch Dressing](#).



Cost per serving: \$0.94



Cost per serving: \$2.43

Lemon Dilly Chicken

A one-pan wonder that's full of flavour!

MAKES 6 SERVINGS

- 2 Tbsp (30 ml) olive oil
- 6 — 4 oz (112 g) boneless, skinless chicken breasts
- 1 cup (250 ml) prepared [VE Chicken Bouillon](#)
- 1 Tbsp (15 ml) lemon juice
- 1 tsp (5 ml) [VE Lemon Dilly Dip Mix](#)
- [VE Sea Salt](#) and [VE Pepper](#), to taste
- 1 Tbsp (15 ml) [VE 3 Onion Dip Mix](#)

1. Heat oil in a [VE Eclipse® Coated Professional Frying Pan](#) over medium heat. Cook chicken for 3 minutes per side, or until golden-brown.
2. Whisk VE Chicken Bouillon, lemon juice and VE Lemon Dilly Dip Mix. Pour over chicken and bring to a boil.
3. Reduce heat to a rolling simmer and cook for 10–12 minutes, or until chicken is cooked through and no longer pink.
4. Transfer to a serving plate and set aside. Bring sauce back to a boil and cook for 2 minutes, or until reduced by half.
5. Season with VE Sea Salt and VE Pepper and stir in VE 3 Onion Dip Mix. Pour sauce over chicken and serve.

Per serving: Calories 190, Fat 7 g (Saturated 1.5 g, Trans 0 g), Cholesterol 75 mg, Sodium 140 mg, Carbohydrate 2 g (Fibre 0 g, Sugars 0 g), Protein 28 g

Creative Cooking Try [VE Vegetable Bouillon](#) instead of [VE Chicken Bouillon](#).

Serving Suggestion Serve with rice and steamed green beans or broccoli.

Epicure Selections® *Entertaining Made Easy*



Cost per serving: \$1.96

Warm Summer Fruits

Celebrate summer's bounty. This affordable and delicious recipe can be made using whatever fruit is in season.

MAKES 4 SERVINGS

1/3 cup (80 ml) water

3 Tbsp (45 ml) **VE Summer Berry Fruit Dip Mix**

1 Tbsp (15 ml) **VE Raspberry Vinegar**

2 peaches, cut into 8 wedges

4 plums, cut into wedges

1 cup (250 ml) raspberries

1/2 cup (125 ml) blueberries

1. Preheat a **VE Eclipse® Coated Professional Frying Pan** over medium-high heat. Add water, **VE Summer Berry Fruit Dip Mix** and **VE Raspberry Vinegar**. Bring to a boil for 2 minutes, or until slightly thickened.
2. Add peaches and plums and cook for 1 minute.
3. Remove from heat and gently stir in berries.

Per 2 Tbsp (30 ml): Calories 100, Fat 0.5 g (Saturated 0 g, Trans 0 g), Cholesterol 0 mg, Sodium 2 mg, Carbohydrate 24 g (Fibre 3 g, Sugars 21 g), Protein 1 g

Creative Cooking Try **VE Balsamic Vinegar instead of **VE Raspberry Vinegar**.**

Serving Suggestion *Serve over ice cream or yogurt for a cool, creamy treat.*

Shopping List

Contact your Epicure Consultant or visit Shop Online TODAY for versatile VE products to make your August long weekend fun, delicious and affordable!

VE COOKWARE

- VE Eclipse® Coated Professional Frying Pan**

VE HERBS & SPICES

- VE Ranch Dressing**
- VE Sea Salt**
- VE Pepper**
- VE Chicken Bouillon Base**
- VE Lemon Dilly Dip Mix**
- VE 3 Onion Dip Mix**
- VE 3 Summer Berry Fruit Dip Mix**
- VE Raspberry Vinegar**

CREATIVE COOKING SPICE SUBSTITUTIONS

- VE Classic Vinaigrette**
- VE Vegetable Bouillon Base**
- VE Balsamic Vinegar**



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

www.epicureselections.com

