



## Quick September Dinner

September is right around the corner, so get ahead of the hectic back-to-school schedule! For a fast, balanced, crowd-pleasing midweek meal, try Marinara pasta with a loaf of crusty Garlic Bread, a light and creamy Caesar salad, and – best for last – Tiramisu Dip with fresh fruit. Hearty, healthy, and made super-quick with Epicure!



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## Epicure's Marinara Sauce

PREP TIME: 2 MINUTES • COOK TIME: 20 MINUTES  
MAKES 4 SERVINGS

- 1—14 oz (398 ml) can diced tomatoes
- 1—14 oz (398 ml) can crushed tomatoes
- 3 Tbsp (45 ml) Epicure's Marinara Sauce Mix

1. Combine all ingredients in Epicure's Multi-Purpose Pot. Simmer for 20 minutes.
2. Serve over hot pasta with grated Parmesan cheese.

**Per serving of sauce:** Calories 60, Fat 0 g (Saturated 0 g, Trans 0 g), Cholesterol 0 mg, Sodium 140 mg, Carbohydrate 14 g (Fibre 4 g, Sugars 3 g), Protein 3 g

**Tip** Freeze big-batch sauces for quick casseroles, meatball sandwiches (with Epicure's Italian-style Meatballs), and pasta any night of the week!



**Cost per serving: \$0.98**



**Cost per serving: \$1.18**

## Epicure's Light Caesar Salad

PREP TIME: 10 MINUTES  
MAKES 4 SERVINGS

- 1 Tbsp (15 ml) Epicure's Caesar Dressing Mix
- 1 Tbsp (15 ml) light mayonnaise
- 1 tsp (5 ml) Epicure's Minced Garlic
- ½ Tbsp (7.5 ml) lemon juice
- 2 Tbsp (30 ml) low-fat milk
- 2 Tbsp (30 ml) grated Parmesan cheese
- Epicure's Garlic Pepper, to taste
- 6 cups (1.5 L) romaine lettuce, cut into bite-sized pieces
- ½ cup (125 ml) garlic croutons

1. Using Epicure's Stainless-Steel Piano Wire Whisk, whisk first 6 ingredients in a large mixing bowl. Season with Epicure's Garlic 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

**Tip** Typical Caesar salads can have up to 38 g of fat per serving – Epicure's has only 2.5 g!

Epicure Selections® Entertaining Made Easy

# Epicures Great Garlic Bread

PREP TIME: 5 MINUTES

COOK TIME: 15 MINUTES

MAKES 6 SERVINGS

½ cup (125 ml) soft butter

1 Tbsp (15 ml) Epicure's Herb & Garlic Dip Mix

1 large crusty Italian bread loaf

1. Preheat oven to 350° F (175° C).
2. Combine butter and Epicure's Herb & Garlic Dip Mix.
3. Cut bread into 1" (2.5 cm) thick slices. Spread with herb butter.
4. Stack slices back into loaf form and wrap tightly in foil.
5. Bake for 15 minutes.

**Per serving:** Calories 240, Fat 13 g (Saturated 8 g, Trans 0 g), Cholesterol 30 mg, Sodium 410 mg, Carbohydrate 26 g (Fibre 1 g, Sugars 1 g), Protein 5 g

**Tip** *Keep prepared herb butter in the fridge for delicious garlic bread anytime!*

**Cost per serving: \$0.64**



**Cost per serving: \$1.25**

## Epicure's Tiramisu Dessert Dip

Serve as a dip for fresh fruit, or a topping for cupcakes or brownies.

PREP TIME: 5 MINUTES

MAKES ½ CUP (125 ML) FOR 2 SERVINGS

¼ cup (60 ml) spreadable light cream cheese

¼ cup (60 ml) light sour cream

1 ½ Tbsp (22.5 ml) Epicure's Tiramisu Dessert Dip Mix

1. Blend all ingredients until smooth.

**Per 2 Tbsp (30 ml):** Calories 60, Fat 4 g (Saturated 2.5 g, Trans 0 g), Cholesterol 15 mg, Sodium 85 mg, Carbohydrate 3 g (Fibre 0 g, Sugars 3 g), Protein 3 g

**Tip** *Make Epicure Dips ahead to save time on busy weekdays.*

## Shopping List

### EPICURE'S HERBS & SPICES

- Epicure's Marinara Sauce Mix
- Epicure's Seasoning Italian Meatballs (formerly Polpette) – optional
- Epicure's Caesar Dressing Mix
- Epicure's Minced Garlic
- Epicure's Garlic Pepper
- Epicure's Herb & Garlic Dip Mix
- Epicure's Tiramisu Dessert Dip Mix

### EPICURE'S COOKWARE

- Epicure's Pasta Pot
- Epicure's Multi-Purpose Pot
- Epicure's Piano Wire Whisk



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