



E P I C U R E TM

GOOD GREEK. REAL FAST. TM

Digital Recipe Guide



GOOD GREEK. REAL FAST.™



OPA!

Transport your weekday mealtime prep with the fresh, zesty flavours of the Mediterranean! Use this guide complete with easy-to-use recipes, paired with timesaving cookware, to help you quickly plan healthy meals that will have you go from raw to ready in 20 minutes...without a ton of advance meal prep.

Enjoy versatility and make these meals your way: either follow the recipes on the packs or labels, or use the blends as seasonings to create new savoury experiences.

Enjoy the right amount in the right combination! All recipes within this guide are Good Food. Real Results.™ friendly—simply follow the prompts to help ensure you have a perfectly portioned, balanced plate:

- ½ plate filled with veggies
- ¼ with complex carbs
- ¼ lean protein
- Healthy fat on top

FYI: Perfect portions are what keeps you feeling full between meals, without the need to snack!



5 WAYS WITH CREAMY GARLIC HUMMUS DIP MIX



Creamy & garlicky with a touch of cumin. One jar makes about 8 cups (see label recipe). No need to purchase tahini—there are sesame seeds in the blend! Customize and use chickpeas, cannellini beans, or even black beans.

1

CRISPY ROASTED CHICKPEAS

Drain and rinse **1 can (19 oz/540 ml) chickpeas**; pat dry with a kitchen towel. Place on a **Sheet Pan** lined with a **Sheet Pan Liner**. Drizzle with **2 tbsps olive oil** and **1 tbsp dip mix** and generous twists of **Sea Salt**; stir to evenly coat. Roast in preheated 400° F oven for 20 min or until golden brown and crisp. Best eaten same day they're made. Great in nourish bowls!

2

GARLICKY STEAMED CAULIFLOWER

Place **2 tbsp each butter** and **olive oil**, and **1 tbsp each dip mix** and **miso paste** or **tahini** in a **Prep Bowl**. Cover and microwave on high until butter melts, about 1 min; whisk well to blend. Set aside. Place **2 cups chopped cauliflower florets** in a **Rectangular Steamer**. Cover; microwave on high for 4 min. Pour sauce over top; stir to evenly coat florets.

3

APPLE HUMMUS BITES

Slice **2 apples** into rings; discard any seeds. Spread each slice with **1 tbsp prepared hummus**. Sprinkle **chia seeds**, if you wish or try **Everything Bagel Whole Food Topper**.

4

HUMMUS-ZING DRESSING

Whisk **2–3 tbsp prepared hummus** with **1 tbsp lemon juice**, and **water** to thin it out (about ¼ cup). Toss with **cooked cooled pasta**, **chopped tomatoes** and **cucumber**, **sliced red onion**, and top with **olives**.

5

AVO-HUMMUS TOAST

Toast **2 slices** of **bread**. Meanwhile, slice ½ **avocado**. Spread **2 tbsp prepared hummus** over each toast. Top with avocado slices and sprinkle generously with **dip mix**.

5 WAYS WITH GREEK DRESSING MIX



Classic Mediterranean inspired flavours with garlic and notes of oregano and mint. One jar makes about 6 cups dressing (see label recipe). Blend has no sodium. One tbsp prepared dressing contains 1 mg sodium, whereas some store-bought blends can have up to 140 mg.*

1

QUICK LEMONY POTATOES

Place **1 lb (450 g) baby potatoes** in **Multipurpose Steamer**. Cover; microwave on high until almost tender, about 2–3 min. Heat **2 tbsp olive oil** in a cast-iron pan over medium-high heat. Add potatoes, stirring occasionally until golden-brown. Meanwhile, whisk together **2 tbsp lemon juice**, **1 tbsp olive oil**, and **1 tbsp dressing mix**. When potatoes are tender, stir in dressing mixture; let cook 1–2 min.

2

CREAMY GREEK DIP

In a bowl, combine $\frac{1}{2}$ cup crumbled feta, **1 cup 2% plain Greek yogurt**, **1–2 tbsp dressing mix**, and **1 tbsp lemon juice**. To serve, top with **diced tomatoes** and **cucumber**. Perfect for dunking veggies or pita chips.

3

GARLICKY PITA CHIPS

Preheat oven to 325° F. Whisk together $\frac{1}{4}$ cup olive oil, **2 tsp lemon juice**, and **1 tbsp dressing mix**. Brush the tops of **4 pita bread rounds**. Quarter each round, then cut each piece in half. You should have 32 pieces. Place in a single layer on a **Sheet Pan** lined with a **Sheet Pan Liner**. Bake 10–15 min, until crisp and golden brown.

4

PASTA 'N FETA CHEESE, PLEASE!

In **Multipurpose Pot**, cook **2 cups macaroni**, your choice, in boiling water until al dente. Once cooked, drain and rinse with cool water to lower the temperature. In a large bowl, toss cooked pasta with **1 pint grape tomatoes, halved**, **1 bell pepper, diced**, $\frac{1}{2}$ **English cucumber**, diced, and prepared dressing, to taste. Toss with $\frac{1}{2}$ cup crumbled feta cheese, and **pitted kalamata olives**, if desired. Add **diced cooked chicken** to make it a meal!

5

SHEET PAN GREEK CHICKEN

Preheat oven to 450° F. In a bowl, whisk together **2 tbsp dressing mix**, **2 tbsp red wine vinegar**, and **2 tbsp olive oil**. On a **Sheet Pan** lined with a **Sheet Pan Liner**, add **1 lb (450 g) chicken breast fillets**, **2 bell peppers, sliced**, and **1 red onion**, sliced into thick strips. Add dressing and toss to coat. Spread out chicken in veggies on pan; roast until chicken is cooked through, about 18 min.

*Compared to Kraft's Greek Feta Dressing with Extra Virgin Olive Oil

5 WAYS WITH LEMON DILLY DIP MIX



Vibrant and fresh with a hint of garlic and citrus and plenty of dill. One jar makes about 8 cups dip (see label recipe). Versatility is the name of the game! Mix with mayonnaise and sour cream or yogurt to make a dip or use as a seasoning for everyday cooking.

1

DILLICIOUS SALMON SALAD TARTINES

In a bowl, stir $\frac{1}{4}$ cup each mayonnaise and sour cream or yogurt with 1 tbsp dip mix. Fold in 1 can (6-oz/170 g) can salmon (drained) with $\frac{1}{4}$ cup each chopped unpeeled apple, toasted walnuts, and chopped celery. Spoon over skinny slices of rye or pumpernickel bread.

2

DOUBLE BAKED DILLY POTATOES

Preheat oven to 425° F. Cut 2 baking or sweet potatoes in half lengthwise. Place cut-sides up in a Multipurpose Steamer; generously sprinkle with pinches of dip mix. Cover; microwave on high until tender, 5–7 min. Place halves on a $\frac{1}{4}$ Sheet Pan lined with $\frac{1}{4}$ Sheet Pan Liner. When cool enough to handle, scrape flesh back into steamer (place skins back on pan). Coarsely mash, then stir in $\frac{1}{4}$ cup each yogurt and grated cheese. Spoon mixture back into potato skins. Bake until tops are crispy, 7–10 min.

3

LEMON DILLY CARROT COINS

Cut 5 medium-sized carrots into $\frac{1}{4}$ " coins. Place in a Multipurpose Pot and cover with $\frac{1}{2}$ cup water. Bring to a boil over high heat. Reduce heat to medium; cover and simmer, stirring occasionally, until carrots absorb all liquid, about 15 min. Add 1 tsp each butter, honey, and dip mix; gently stir until even carrots are evenly coated.

4

DILL PICKLE POTATO SALAD

Slice 1½ lbs (675 g) baby potatoes in half. Place in Multipurpose Steamer. Cover; microwave on high until cooked, about 6 min. Once cooked, uncover and place in the fridge to cool down. In a very large bowl, whisk together $\frac{1}{4}$ cup each mayonnaise, 2% plain Greek yogurt, and diced dill pickles, along with 2 tbsp dip mix. Stir in potatoes. Refrigerate before serving.

5

EASY BORSCHT (BEET SOUP)

In a Multipurpose Pot, add 2 cups steamed carrots, diced, and 2 cups diced beets (fresh or canned). Cover with water and bring to a boil. Reduce heat, add 2 cups shredded cabbage, and 1 tbsp dip mix; stir. Add water as necessary. Cook until cabbage has softened. To serve, top each serving with a dollop of prepared Lemon Dilly Dip (label recipe).

5 WAYS WITH SOUVLAKI SEASONING



A big flavoured blend! Garlicky, peppery with notes of oregano and the zing of lemon. One jar makes more than 12 servings of souvlaki (follow label recipe). Cost-effective: Enough seasoning for meat and veggies, about \$0.55 CA per serving. Store-bought, pre-seasoned souvlaki chicken kebabs can cost up to \$2.75 CA per serving.

1

SANTORINI STEAMED RICE

In a **Multipurpose Steamer**, combine **1 chopped bell pepper**, **1 cup white rice**, **2 tsp seasoning** and **2 cups water**. Top with tray; microwave uncovered, on high for 16–18 min, or until tender. Stir in **1 cup chopped spinach**, **¼ cup crumbled feta** and **2 tbsp chopped pitted kalamata olives**.

2

CHEESY SOUVLAKI MUSHROOM CAPS

Remove stems from **1½ lbs (680 g) small button mushrooms** (Tip: Save and freeze stems for making stock another day!). Arrange on a **Sheet Pan** lined with **Sheet Pan Liner**. Stir **½ container (8 oz/226 g) spreadable cream cheese** with **1 tbsp seasoning**; spoon into mushroom caps. Bake in preheated 400° F until mushrooms are tender, approx. 18–20 min. Sprinkle with **chopped almonds**, if desired.

3

SOUVLAKI MEATBALLS

In a large bowl, combine **1 lb (450 g) lean ground beef** and **2 tbsp seasoning**. Form into 16 meatballs (about a scant 2 tbsp each). Arrange in a single layer in **Multipurpose Steamer**. Cover; microwave on high, for 4 min or until cooked. Serve over rice with a dollop of **Lemon Dilly Dip**.

4

EASY OLIVE & FETA APPETIZER

On a circular serving dish, arrange **cubed feta** in a ring. Drizzle with **olive oil**, and sprinkle with **seasoning** and **chili flakes**, if you wish. Toss a store-bought container of mixed **olives** with **olive oil**, pinches of **seasoning**, and **2 tsp grated lemon peel**. Place in the center of a serving dish. Serve with small chunks of crusty **bread**.

5

DRESSED UP VEGGIES

Stir pinches of **seasoning** with **melted butter**. Drizzle over **steamed veggies of your choice**—broccoli, green beans, carrots, and cauliflower are all good choices!

*Compared to Marcangelo Chicken Souvlaki Value Pack (Loblaws).

SHEET PAN

An all-purpose baking sheet made from a single piece of aluminum, with a one-inch rim. Use for baking, roasting, or as a try to-catch spill-over for other dishes when baking in the oven. Evenly holds and distributes heat; durable, but lightweight! Rolled edges make for easy gripping.

KITCHEN HACKS:

- No-clump frozen fruit: Line **Sheet Pan** with **Sheet Pan Liner**. Arrange fresh berries or sliced fruit on top; freeze until firm, then portion into smaller freezer bags. Freeze up to 6 months.
- Save your greens! Forgot about your bagged spinach in the back of the fridge? Maybe you have a tub of mixed greens on the verge of wilting? Spread the greens out on the **Sheet Pan** and freeze until firm. Then portion into smaller freezer bags. Use them in smoothies.

COMPATIBLE PRODUCTS:

- Sheet Pan Liner
- Perfect Petites
- Waffle Mold
- Perfect Portion Bagel & Donut Pan

CARE & USE:

- Freezer & oven safe
- Hand wash recommended. Wash before initial use.



SHEET PAN LINER

Flexible, re-usable, non-stick silicone baking mat. Lipped edge ensures no spill-overs. A match made in kitchen heaven: custom fit for the **Sheet Pan**. Heat stable up to 450° F.

KITCHEN HACKS:

- Rolls up for easy storage.
- Use as a placemat for kids.

COMPATIBLE PRODUCTS:

- Sheet Pan Liner
- Prep Pro Utensil Set

CARE & USE:

- Dishwasher, freezer, and oven safe.
- Do not place directly on heat source.
- Wash before initial use.



SHEET PAN CHICKEN SOUVLAKI



MAKE IT A PERFECTLY BALANCED PLATE

Serve with 1 serving prepared Classic Greek Salad.

RECIPE TIP

Wrap pita bread in foil; warm in the oven for last 7–10 min of roasting.



TOTAL TIME: 20 min



4 SERVINGS



\$2.60 CA/\$2.50 US PER SERVING

INGREDIENTS

1 ½ lbs (690 g) boneless, skinless chicken breasts, pork, or lamb, cut into strips

4 bell peppers

3 tbsp **Souvlaki Seasoning**

3 tbsp oil

½ lemon

8 pitas, warmed

Toppings (optional): tzatziki (find recipe on **Lemon Dilly Dip Mix** label)

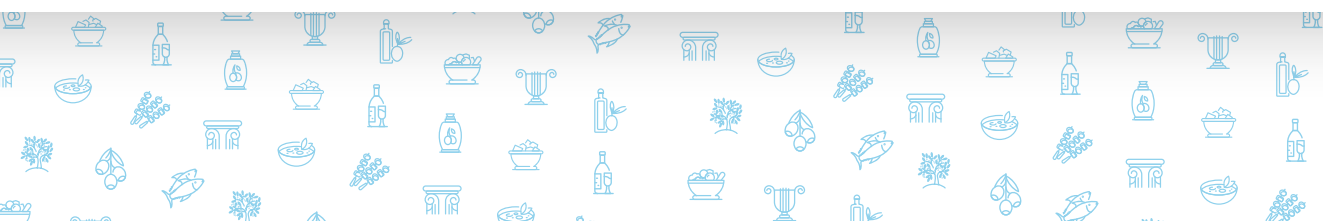
NUTRITIONAL INFO

Per serving (1 pita): Calories 290, Fat 9 g (Saturated 1.5 g, Trans 0 g), Cholesterol 70 mg, Sodium 290 mg, Carbohydrate 21 g (Fiber 3 g, Sugars 3 g), Protein 30 g

INSTRUCTIONS

1. Preheat oven to 400° F. Line a **Sheet Pan** with a **Sheet Pan Liner**.
2. Meanwhile, slice chicken into strips.
3. Slice pepper into thin strips.
4. Place chicken and peppers in a bowl; add seasoning and oil. Using the **2-in-1 Citrus Press** squeeze in 2 tbsp juice from lemon. Stir to mix.
5. Spread out on prepared pan. Roast until chicken is cooked through and peppers are tender, 15 min.
6. Serve in warm pitas with tzatziki, if desired.

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CLASSIC GREEK SALAD



MAKE IT A PERFECTLY BALANCED PLATE

Serve with 1 serving Sheet Pan Souvlaki.

RECIPE TIP

Pour dressing in the bottom of a salad bowl. Add prepared salad. Cover with a damp cloth and refrigerate up to 3 hours. Toss just before serving.



TOTAL TIME: 12 min



4 SERVINGS



\$3.43 CA/\$2.98 US PER SERVING

INGREDIENTS

- 2 English cucumbers
- 2 bell peppers
- ½ small red onion
- 1 pint cherry tomatoes
- ½ cup pitted Kalamata olives
- ½ cup crumbled low-fat feta cheese
- ¼ cup **Greek Dressing** or **Balsamic Vinaigrette Dressing**
- 3 tbsp olive oil
- 1 tbsp red wine vinegar

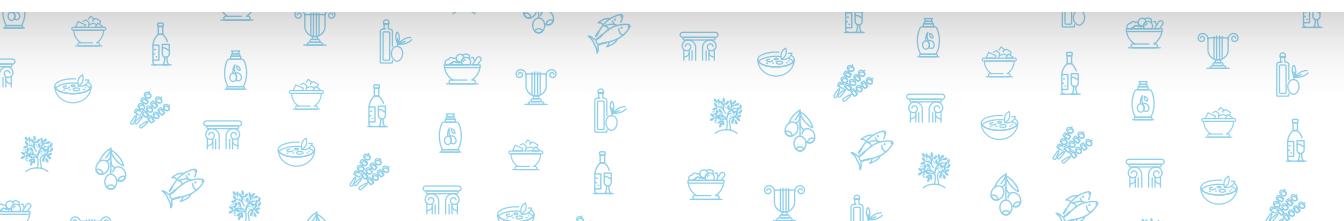
NUTRITIONAL INFO

Per serving: Calories 280, Fat 19 g (Saturated 4 g, Trans 0 g), Cholesterol 10 mg, Sodium 660 mg, Carbohydrate 16 g (Fiber 4 g, Sugars 8 g), Protein 8 g.

INSTRUCTIONS

1. Coarsely chop cucumbers, peppers, and onion. Cut tomatoes in half. Place in a large bowl; add olives and cheese.
2. In a **Cruet**, combine dressing mix with oil and red wine vinegar. Shake to mix.
3. Pour dressing over veggies; gently stir to mix. Serve immediately.

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GARLICKY SHRIMP PASTA



MAKE IT A PERFECTLY BALANCED PLATE

Serve with 2 cups leafy greens—try arugula!

RECIPE TIP

If you have time, place **Wok** in pre-heated 450° F oven and let the feta melt before serving.



TOTAL TIME: 20 min



4 SERVINGS



\$4.50 CA/\$3.83 US PER SERVING

INGREDIENTS

- 2 cups uncooked penne pasta
- 4 cups hot water
- 3 tbsp olive oil, divided
- 1 bag (340 g) frozen uncooked peeled shrimp, defrosted & drained
- 3 tbsp **Creamy Garlic Hummus Dip Mix**
- 1 pint cherry tomatoes
- 1/3 cup crumbled feta cheese
- Sea Salt**, to taste
- Black Pepper**, to taste

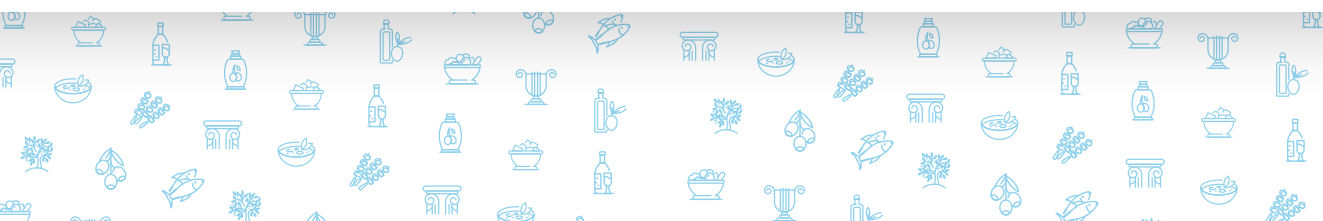
NUTRITIONAL INFO

Per serving: Calories 420, Fat 16 g (Saturated 4 g, Trans 0 g), Cholesterol 140 mg, Sodium 360 mg, Carbohydrate 42 g (Fibre 3 g, Sugars 5 g), Protein 27 g.

INSTRUCTIONS

1. In **Multipurpose Steamer**, combine pasta and hot water. Cover; microwave on high until tender, about 7–8 min. Once cooked, drain and set aside.
2. Meanwhile, in **Wok**, heat 1/2 tbsp oil over medium-high heat. In a bowl, coat shrimp with dip mix, then add to wok. Stir-fry until slightly pink, about 2 min. Don't overcook the shrimp—they will continue to cook in the next step.
3. Reduce heat to medium. Add tomatoes, cooked pasta, and remaining 2 1/2 tbsp oil. Stir until shrimp are cooked through and tomatoes start to burst. Add feta cheese. Season with salt and pepper, if desired.

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GREEK SALMON & BEANS



MAKE IT A PERFECTLY BALANCED PLATE

Serve with 1 cup rice or mashed sweet potatoes and 1 tbsp prepared **Lemon Dilly Dip**.

RECIPE TIP

Swap fish for pieces of boneless, skinless chicken.



TOTAL TIME: 15 min



4 SERVINGS



\$1.98 CA/\$1.68 US PER SERVING

INGREDIENTS

- 1 lb (450 g) salmon fillet
- 4 cups green beans
- ½ pint cherry tomatoes
- 2 tsp **Lemon Dilly Dip Mix**
- Sea Salt** (Grinder), to taste
- Black Pepper** (Grinder), to taste
- ½ lemon

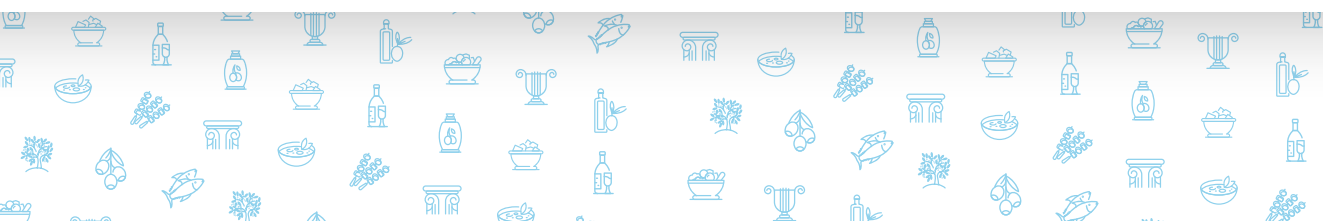
NUTRITIONAL INFO

Per serving: Calories 210, Fat 8 g (Saturated 1 g, Trans 0 g), Cholesterol 60 mg, Sodium 60 mg, Carbohydrate 10 g (Fiber 4 g, Sugars 5 g), Protein 25 g

INSTRUCTIONS

1. Trim ends from beans and discard. Place beans and tomatoes in **Multipurpose Steamer**. Grind salt and pepper on top, if desired. Cover and microwave on high until tender-crisp, 3–4 min.
2. Cut salmon into four pieces. Arrange over veggies; sprinkle with dip mix.
3. Cover and microwave on high until beans are tender and fish is cooked through, about 4 min.
4. Using the **2-in-1 Citrus Press**, squeeze in juice from lemon.

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MED PITA BURGER



MAKE IT A PERFECTLY BALANCED PLATE

Serve with 2 tbsp tzatziki (see **Lemon Dilly** label) and 1 cup sliced veggies, your choice.

RECIPE TIP

Swap in ½ lb (225 g) ground meat with 2 cups cooked lentils.



TOTAL TIME: 15 min



4 SERVINGS



\$3.56 CA/\$3.03 US PER SERVING

INGREDIENTS

1 lb (450 g) ground chicken or lean ground beef
2 tbsp **Creamy Garlic Hummus Dip Mix**
2 tsp grated lemon peel (optional)
1 tsp oil
4 pitas
1 tomato
¼ cup crumbled feta cheese
2 cups baby spinach or arugula

Toppings (optional): sliced zucchini ribbons, roasted red pepper strips, red onion rings

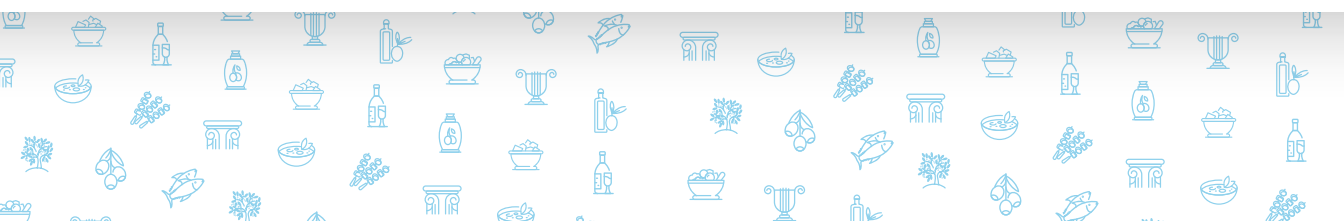
NUTRITIONAL INFO

Per serving: Calories 390, Fat 14 g (Saturated 4.5 g, Trans 0.1 g), Cholesterol 105 mg, Sodium 590 mg, Carbohydrate 40 g (Fibre 6 g, Sugars 3 g), Protein 29 g

INSTRUCTIONS

1. In a large bowl, combine ground chicken, dip mix and lemon peel until well blended. Form into four patties.
2. Heat oil in a large, non-stick fry pan set over medium-high heat. When warm, add patties. Fry until brown and crispy around the edges, about 4–5 min per side, or until cooked through.
3. While burgers are cooking, toast pitas, if you wish. Thinly slice tomato and measure cheese and measure cheese.
4. When burgers are done, slide onto warm pitas; top with spinach, tomato, cheese and additional toppings, as desired.

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LENTIL SOUVLAKI & TZATZIKI FLATBREAD



MAKE IT A PERFECTLY BALANCED PLATE

This is a perfectly balanced plate.

RECIPE TIP

Infuse olive oil with your favourite **Epicure Seasoning** or **Dip Mix**. Blend 1 cup oil with 3 tbsp seasoning or mix. Let stand overnight.



TOTAL TIME: 12 min



8 SERVINGS



\$1.58 CA/\$1.34 US PER SERVING

INGREDIENTS

1 cup 2% plain Greek yogurt
1 tbsp **Lemon Dilly Dip Mix**
½ cucumber

Sea Salt (Grinder), to taste

Black Pepper (Grinder), to taste

1 can (19 oz/540 ml) lentils

1 tbsp **Souvlaki Seasoning**

1 tbsp olive oil

4 naan breads

1 cup crumbled feta cheese

Toppings (optional): Arugula or fresh basil leaves, olive oil

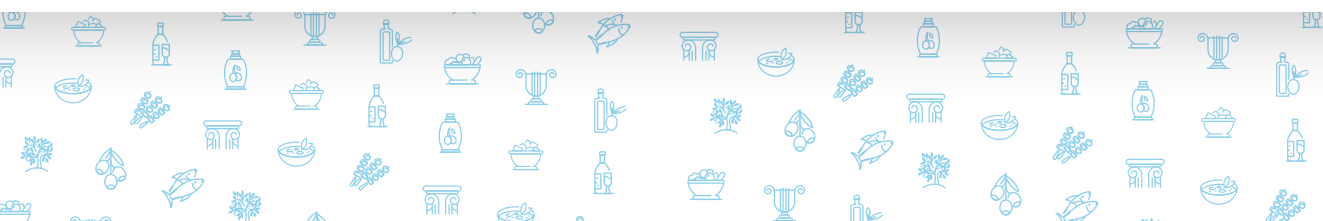
NUTRITIONAL INFO

Per serving: Calories 250, Fat 8 g (Saturated 4 g, Trans 0 g), Cholesterol 20 mg, Sodium 450 mg, Carbohydrate 30 g (Fiber 8 g, Sugars 4 g), Protein 13 g.

INSTRUCTIONS

1. Preheat grill to medium.
2. Meanwhile, make tzatziki. In a bowl, stir together yogurt and dip mix. Grate cucumber on a box grater. Wrap in a kitchen towel; squeeze out excess liquid. Stir cucumber into yogurt. Add salt and pepper to taste. Set aside.
3. Drain and rinse lentils. Place in small bowl; stir in seasoning.
4. Lightly brush both sides of naan breads with oil. Place tzatziki, lentils, oiled bread and cheese on a **Sheet Pan** and head to the grill!
5. Place bread on grill. Barbecue until one side is lightly charred, about 2 min. Remove from grill; spread grilled sides with tzatziki then top with lentils and cheese.
6. Place back on grill; close lid and barbecue until cheese melts, 1–2 min.

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LOADED HUMMUS TOSTADAS



MAKE IT A PERFECTLY BALANCED PLATE

This is a perfectly balanced plate.

RECIPE TIP

Swap black beans for cannellini or navy beans.



TOTAL TIME: 20 min



4 SERVINGS



\$3.04 CA/\$2.58 US PER SERVING

INGREDIENTS

1 can (19 oz/540 ml) low-sodium black beans
3 tbsp **Creamy Garlic Hummus Dip Mix**
2 tbsp tahini
1 lime
1 large tomato
1 avocado
4 cups baby spinach
4 small tortillas
½ tbsp oil
4 eggs

Toppings (optional): grated cheese, lime wedges, **Poco Picante Salsa**, **Guacamole**

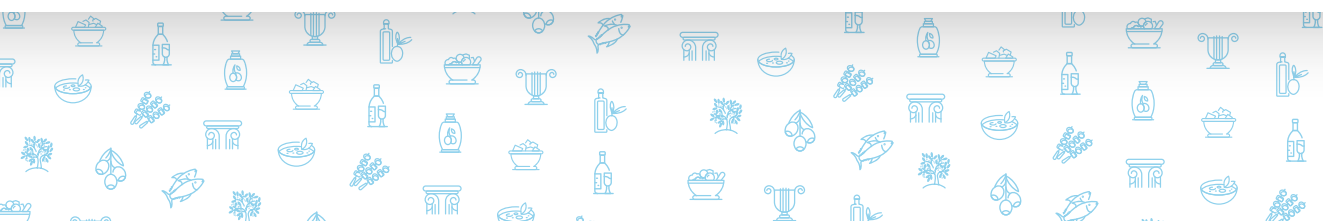
NUTRITIONAL INFO

Per serving: Calories 450, Fat 21 g (Saturated 4 g, Trans 0 g), Cholesterol 245 mg, Sodium 440 mg, Carbohydrate 48 g (Fibre 17 g, Sugars 3 g), Protein 22 g

INSTRUCTIONS

1. Drain and reserve liquid from can of black beans. In a food processor, add beans, ¼ cup reserved liquid, dip mix, and tahini. Slice lime in half. Using **2-in-1 Citrus Press**, squeeze in juice from lime. Blend until smooth, about 1–2 min. Set aside.
2. Slice tomato into rounds. Cut avocado in half, remove pit, and slice. Chop spinach.
3. Heat a large fry pan over medium heat. When warm, add 2 tortillas; lightly toast about 30 sec per side. Repeat with remaining tortillas. Wrap in a kitchen towel to keep warm.
4. In same pan (don't wash) heat oil over medium heat; crack eggs into pan. Fry until whites are set and yolk is done to your liking.
5. Arrange 1 tortilla on each plate. Divide hummus between shells, spreading evenly. Top with spinach, tomato, avocado, and egg.

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GREEK CHICKEN POWER BOWL



MAKE IT A PERFECTLY BALANCED PLATE

This is a perfectly balanced plate.

RECIPE TIP

Swap chicken for fish fillets or thick slices of tofu.



TOTAL TIME: 20 min



4 SERVINGS



\$4.93 CA/\$4.19 US PER SERVING

INGREDIENTS

1 cup uncooked quinoa
2 cups water
1 tbsp **Nourish Broth Mix** or broth mix of your choice
1 lb (450 g) boneless, skinless chicken breast filets
2 tbsp **Souvlaki Seasoning**
½ lemon
1 yellow bell pepper
½ small red onion
1 pint cherry tomatoes
⅓ cup prepared **Greek Dressing**
¼ cup crumbled feta cheese
Toppings (optional): Black olives, **Smoky Roasted Tomato Nutritional Yeast Topper**

NUTRITIONAL INFO

Per serving: Calories 440, Fat 17 g (Saturated 3.5 g, Trans 0 g), Cholesterol 90 mg, Sodium 280 mg, Carbohydrate 36 g (Fibre 5 g, Sugars 6 g), Protein 35 g.

INSTRUCTIONS

1. Preheat oven to 400° F. Line **Sheet Pan** with **Sheet Pan Liner**.
2. Meanwhile, stir together quinoa, water, and broth mix in **Multipurpose Steamer**. Cover; microwave on high, 12 min.
3. Place chicken and seasoning in a bowl. Using **2-in-1 Citrus Press**, squeeze juice from lemon. Stir to mix.
4. Spread chicken out on lined pan. Roast until chicken is cooked through, about 15 min.
5. Meanwhile, slice pepper and red onion.
6. Once cooked, divide quinoa between four bowls. Arrange chicken, pepper, onion, and tomatoes in bowls. Drizzle dressing on top; top with feta and additional toppings, if desired

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