

GREAT SUMMER COOKOUT

Recipe Guide

*Soak up the
Summer*



E P I C U R E™

GREAT SUMMMER COOKOUT

SMOKIN' BBQ CHICKEN & VEGGIE SKEWERS

CREAMY POTATO SALAD

STEAMED CORN SMOTHERED IN FEISTY GREEN SAUCE

DIY ICE CREAM SUNDAE BAR



GROCERY LISTS

PROTEIN

- 3 eggs (Creamy Potato Salad)
- 1 lb (450 g) boneless, skinless chicken breasts, about 2 breasts (Smokin' BBQ Chicken & Veggie Skewers)

DAIRY

- 1 pint vanilla or chocolate ice cream (Ice Cream Sundae Bar)
- 2 cups whipping cream:
 - 1 cup (Caramel Sauce) | *Swap: coconut milk*
 - 1 cup (Chocolate Fudge Sauce)
- ½ cup 2% plain Greek yogurt (Creamy Potato Salad)
- ¼ cup butter (Caramel Sauce)

PRODUCE

- 4 small corn cobs, unshucked (Easy Mess-Free Microwave Corn)
- 4 green onions (Creamy Potato Salad)

- 2 bell peppers (Smokin' BBQ Chicken & Veggie Skewers)
- 2 celery stalks (Creamy Potato Salad)
- 1½ lbs (675 g) Yukon Gold potatoes, about 4 medium potatoes (Creamy Potato Salad)

PANTRY STAPLES

- 1½ cups ketchup (Smokin' BBQ Chicken & Veggie Skewers)
- 1 cup mayonnaise:
 - ½ cup (Creamy Potato Salad)
 - ½ cup (Feisty Green Sauce)
- 1 cup unsweetened apple sauce (Smokin' BBQ Chicken & Veggie Skewers)
- ½ tsp lime juice (Feisty Green Sauce)

OPTIONAL (Toppings for Ice Cream Sundae Bar)

- Fresh blueberries or strawberries
- Bananas
- Pecans or walnuts

SMOKIN' BBQ CHICKEN & VEGGIE SKEWERS



TIP: Prep the sauce a day or two ahead so that you can focus on getting grill-ready—that way you go from raw-to-ready in 20 minutes!



TOTAL TIME: 20 min



4 SERVINGS



\$4.24 CA/\$3.60 US PER SERVING

INGREDIENTS

Sauce

- 1 pkg **Smokin' BBQ Sauce Mix**
- 1½ cups ketchup
- 1 cup unsweetened apple sauce
- 1 cup water

Skewers

- 1 lb (450 g) boneless, skinless chicken breasts, about 2 breasts
- 2 bell peppers

Sea Salt (Grinder), to taste

Black Pepper (Grinder), to taste

NUTRITIONAL INFO

Per serving (with ¼ cup sauce): Calories 180, Fat 3 g (Saturated 1 g, Trans 0 g), Cholesterol 65 mg, Sodium 500 mg, Carbohydrate 15 g (Fibre 2 g, Sugars 11 g), Protein 24 g

INSTRUCTIONS

1. In a **Multipurpose Pot**, combine mix, ketchup, apple sauce, and water.
2. Partially cover and bring to a simmer over medium heat, stirring often, for 15 min. If making ahead, cool and refrigerate up to 1 week.
3. Preheat grill to medium-high.
4. Cut chicken into 1" cubes. Chop peppers into chunky pieces. Alternately thread onto skewers. Season with salt and pepper.
5. Place skewers on grill; rotate often until lightly charred and chicken is cooked through, 10–12 min. Liberally brush sauce on grilled meat near the end of cooking.

STEAMED CORN SMOTHERED IN FEISTY GREEN SAUCE



TIP: As the mix hydrates in the sauce, the heat and spice level builds. Prefer an even spicier blend? Add more mix.



TOTAL TIME: 20 min



4 SERVINGS



\$1.39 CA/\$1.11 US PER SERVING

INGREDIENTS

Corn

4 small corn cobs, unshucked

Feisty green sauce

1 tbsp **Feisty Green Sauce Mix**

½ cup mayonnaise

2 tbsp water

1 tsp lime juice

NUTRITIONAL INFO

Per serving (1 corn cob): Calories 60, Fat 1 g (Saturated 0.1 g, Trans 0 g), Cholesterol 0 mg, Sodium 10 mg, Carbohydrate 14 g (Fiber 2 g, Sugars 2 g), Protein 2 g.

Per serving (1 tbsp Feisty Green Sauce):

Calories 80, Fat 9 g (Saturated 1 g, Trans 0 g), Cholesterol 5 mg, Sodium 65 mg, Carbohydrate 0 g (Fiber 0 g, Sugars 0 g), Protein 0.1 g.

INSTRUCTIONS

Corn

1. Cut off and discard stem ends from corn. Leave silky tassels at the top end.
2. Place cobs in the **Multipurpose Steamer**. Cover; microwave on high for 5 min.
3. Using oven mitts, gently grip tip of corn with one hand and squeeze. It will cleanly pop out of husks, leaving the sticky, silky threads behind.

Feisty green sauce

1. In a bowl, whisk together mix, mayonnaise, water, and lime juice.
2. Let stand 5 min.

CREAMY POTATO SALAD



TOTAL TIME: 23 min



8 SERVINGS



\$0.52 CA/\$0.41 US PER SERVING

INGREDIENTS

3 eggs

1½ lbs (675 g) Yukon Gold potatoes,
about 4 medium potatoes

2 celery stalks

4 green onions

1 recipe **Creamy Potato Salad Dressing**,
prepared

Better Than Bacon Topper, to taste

Toppings (optional): Smoked Spanish
Paprika, chopped parsley

NUTRITIONAL INFO

Per serving (about ½ cup): Calories 210, Fat 13 g
(Saturated 2.5 g, Trans 0 g), Cholesterol 100 mg,
Sodium 125 mg, Carbohydrate 17 g (Fiber 2 g,
Sugars 2 g), Protein 6 g.

INSTRUCTIONS

1. Bring water to boil in **8-Cup Multipurpose Pot**, with lid on. Place eggs in boiling water. Cook 8–10 min. Drain, cool in ice water, peel, and chop.
2. Meanwhile, peel and dice potatoes; place in **Multipurpose Steamer**. Cover; microwave on high until cooked, about 6 min. Once cooked, uncover; place in fridge to cool down.
3. Meanwhile, dice celery. Slice green onions.
4. When potatoes have cooled slightly, add the eggs, celery, and green onions to the Multipurpose Steamer. Pour dressing on top. Toss to combine and coat potatoes. Generously shake on topper and add additional toppings, if desired.

ICE CREAM SUNDAE BAR



TOTAL TIME: 20 min



3 CUPS



\$0.76 CA/\$0.61 US PER SERVING

What doesn't go with ice cream? There's no wrong answer here! Put out an assortment of fruit, nuts and other fun treats. Be sure to finish with a generous drizzle of either or both sauces.

INGREDIENTS

Caramel Sauce

- 1 pkg **Caramel Sauce Mix**
- 1 cup whipping cream
- ¼ cup butter

Chocolate Fudge Sauce

- 1 pkg **Chocolate Fudge Sauce Mix**
- 1 cup whipping cream

NUTRITIONAL INFO

Per serving (2 tbsp Caramel Sauce): Calories 60, Fat 5 g (Saturated 3 g, Trans 0 g), Cholesterol 15 mg, Sodium 3 mg, Carbohydrate 0 g (Fiber 0 g, Sugars 4 g), Protein 0 g.

Per serving (2 tbsp Chocolate Fudge Sauce): Calories 110, Fat 8 g (Saturated 4.5 g, Trans 0 g), Cholesterol 25 mg, Sodium 10 mg, Carbohydrate 11 g (Fiber 1 g, Sugars 10 g), Protein 1 g.

INSTRUCTIONS

Caramel Sauce

1. In a **Multipurpose Pot**, whisk sauce mix with whipping cream and butter. Bring to a boil, stirring often.
2. Reduce heat to medium; simmer for 3–4 min, stirring often. Chill before serving; sauce will thicken as it cools.

Chocolate Fudge Sauce

1. In a **Multipurpose Pot**, whisk sauce mix with whipping cream.
2. Bring to a boil. Reduce heat to medium-high and continue cooking for 3 min. Chill before serving.