

JULY 2026

Sunset
Gourmet

GOURMET Scoop

So Easy. So Delicious!



Summer

is a time for easy, breezy cooking, where fresh ingredients shine and meals are light and simple.

Enjoy recipes that let the flavours of the season take center stage.



Great for chicken fingers, coconut shrimp, wings, sweet potato fries and more



Tropical Chicken Lettuce Salad

- 1 ½ lbs. (.680 kg) chopped, cooked chicken
- 1 can (567 g) pineapple tidbits
- ½ cup mayonnaise
- ½ cup chopped pecans
- 1 packet **Tropical Chicken Salad Mix**
- 4 cups chopped lettuce



In a medium bowl, combine all ingredients except lettuce. Stir until well blended. Cover and refrigerate at least 30 minutes. Serve on top of a bed of lettuce.



Lemony Dill Mustard Dip

- ½ cup mayonnaise
- ½ cup sour cream
- 1 Tbsp. **Lemony Dill Seasoning**
- 2 Tbsp. **Smoky Chipotle Honey Mustard**

Combine mayonnaise, sour cream and **Lemony Dill Seasoning**, blend well and stir in **Smoky Chipotle Honey Mustard** for a delicious dipping sauce. This sauce is also a fabulous complement to salmon.

Summertime Tacos

- 1 lb. (.454 kg) ground beef or chicken
- 1 Tbsp. **Mango Chili Lime Seasoning**
- 2 tsp. **Mexican Fiesta Rub & Seasoning**
- 1 cup canned, diced tomatoes
- ¼ cup **Peach & Mango Habanero Salsa**
- Taco shells
- Your favourite toppings: shredded lettuce, salsa, grated cheddar cheese, green onions, avocado, sour cream

Over medium heat, brown meat with seasonings; add **Peach & Mango Habanero Salsa** and diced tomatoes. Simmer on low for 10 minutes. Add meat mixture to taco shells and layer with your favourite toppings





Egg Salad Lettuce Cups

- 8 hard-boiled eggs, peeled
- 1/3 cup mayonnaise
- 2 tsp. whole grain mustard
- 1 Tbsp. **Jalapeno Dill Pickle Hot Sauce**
- 1/2 stalk of celery, minced (about 1/3 cup)
- 3 Tbsp. cottage cheese
- 2 tsp. **Garlic Pepper with a Twist of Lemon**
- 2 tsp. **Sunset Seasoned Salt**
- 2 green onions, finely chopped
- 1 head lettuce, to be used for salad cups

Roughly chop hard-boiled eggs and transfer to a medium bowl. Mash slightly with a fork to break up yolks. Add remaining ingredients and mix until evenly combined. Season with salt and pepper. Serve on lettuce cups.



Ultimate Chicken Kabobs

- 1 red bell pepper, cut into 1 1/2-inch pieces
- 1 yellow pepper, cut into 1 1/2-inch pieces
- 3 chicken breasts, cut into 1 inch pieces
- 2 Tbsp. olive oil
- 1 Tbsp. **The Ultimate Chicken Seasoning Blend**
- 1 Tbsp. **Smoky Pecan Rub & Seasoning**

Place pepper pieces and cubed chicken in a medium bowl, drizzle with olive oil and sprinkle with seasonings. Mix well and refrigerate for 1 to 2 hours. Preheat BBQ. Alternate chicken and peppers on skewers. Grill on medium heat for 15-18 minutes, turning frequently. If desired, brush kabobs with your favourite **Sunset Gourmet** grilling sauce during last five minutes of cooking. If using bamboo skewers, soak in water for 20 minutes before using.



Lemony Dill Crab Cakes

- 1 1/4 cups mayonnaise
- Fresh lemon juice from 1 lemon
- 1 Tbsp. Worcestershire sauce
- 2 tsp. **Jalapeno Dill Pickle Hot Sauce**
- 2 Tbsp. **Lemony Dill Seasoning**
- 1 1/2 lbs. (.680 kg) crab meat
- 1 1/4 cups (1 sleeve) saltine crackers, crushed
- 1 tsp. **Oh! So Onion**
- 4 Tbsp. olive oil

Combine mayonnaise, lemon juice, Worcestershire sauce, **Jalapeno Dill Pickle Hot Sauce** and **Lemony Dill Seasoning** in a large bowl. Reserve 1/2 cup for serving. Fold crab meat, crushed saltine crackers and **Oh! So Onion** into remaining sauce and mix. Form mixture into eight, 1" thick patties. Heat 2 tablespoons olive oil in large non-stick skillet over medium-high; heat until just smoking. Add four of the crab cakes and cook until golden brown, approximately 2 1/2-3 minutes per side. Transfer to platter and tent with foil. Repeat with remaining oil and crab cakes. Serve with reserved sauce.