

EASY PEASY ITALIAN

RECIPES & GROCERY LIST



menu

SERVES 12*

Easy Peasy Mushroom Bolognese with Zucchini Noodles

Pesto Tomato Garlic Bread

Kale Salad with Caesar Roasted Chickpeas

With the cost of food on the rise, it's time to get crafty in the kitchen. But, that doesn't mean sacrificing on flavour or nutrition. This Italian-inspired menu with a twist is a fun way to introduce meatless meals that will cut your grocery bill in half! Discover our **Easy Peasy Mushroom Bolognese with Zucchini Noodles**, so delicious you won't even miss the meat!

It's made with light, bright, and fresh zucchini noodles.

These colourful recipes are jam-packed with vegetables to help you get the fibre, nutrients, and antioxidants your body loves.

Enjoy a fool-proof way to stay healthy while on a budget!

*Feeding a smaller crowd? It's easy to cut the recipes and grocery list in half.

GROCERY LIST

PRODUCE

- 4 Roma tomatoes (Pesto Tomato Garlic Bread)
- 2 large avocados (Kale Salad with Caesar Roasted Chickpeas)
- 2 large English cucumbers (Kale Salad with Caesar Roasted Chickpeas)
- 4 bags (340 g/12 oz each) frozen zucchini spirals (Easy Peasy Mushroom Bolognese with Zucchini Noodles) | *Swap: ½ lb (225 g) uncooked spaghetti noodles*
- 2 containers (142 g/5 oz each) baby kale or spinach (Kale Salad with Caesar Roasted Chickpeas)
- 4 cups sliced mushrooms (Easy Peasy Mushroom Bolognese with Zucchini Noodles)
- 3 cups cherry tomatoes, about 1 pint (Kale Salad with Caesar Roasted Chickpeas)

PANTRY STAPLES

- ¾ cup + 2 tbsp olive oil:
 - ½ cup (Pesto Tomato Garlic Bread)
 - ¼ cup (Easy Peasy Mushroom Bolognese with Zucchini Noodles)
 - 2 tbsp (Kale Salad with Caesar Roasted Chickpeas)
- 2 cans (28 oz/796 ml) low sodium crushed tomatoes (Easy Peasy Mushroom Bolognese with Zucchini Noodles)
- 2 cans (19 oz/540 ml) chickpeas (Kale Salad with Caesar Roasted Chickpeas)
- ¾ cup julienned sundried tomatoes, packed in oil (Pesto Tomato Garlic Bread)

PROTEIN

- ¼ cup pine nuts, optional (Pesto Tomato Garlic Bread) | *Swap: less expensive unsalted almonds*

DAIRY

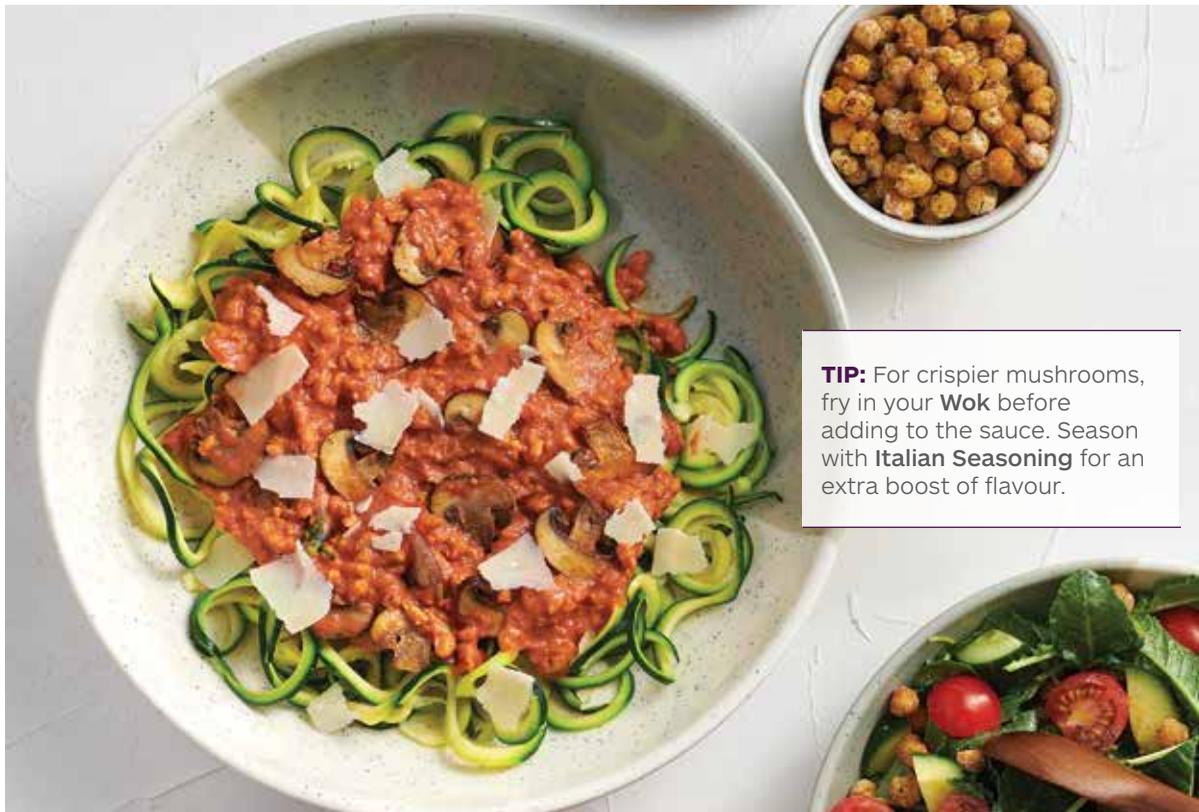
- 1 cup plain, non-dairy creamer (Easy Peasy Mushroom Bolognese with Zucchini Noodles) *Swap: half and half cream (10%)*
- ⅔ cup + 2 tbsp grated Parmesan cheese *Swap: less expensive Grana Padano cheese*
 - ⅔ cup (Easy Peasy Mushroom Bolognese with Zucchini Noodles)
 - 2 tbsp (Pesto Tomato Garlic Bread)

BAKERY

- 2 baguettes (Pesto Tomato Garlic Bread)



EASY PEASY MUSHROOM BOLOGNESE WITH ZUCCHINI NOODLES



TIP: For crispier mushrooms, fry in your **Wok** before adding to the sauce. Season with **Italian Seasoning** for an extra boost of flavour.



TOTAL TIME: 20 min



12 SERVINGS



\$4.73 CA/\$4.02 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with a bun and 1 tbsp butter or margarine, or with 1 cup cooked pasta, your choice.

INGREDIENTS

2 pkgs **Easy Peasy Bolognese Sauce Mix**
2 cans (28 oz/796 ml) low sodium crushed tomatoes
4 cups sliced mushrooms
1 cup plain, non-dairy creamer or half and half cream (10%)
1 cup water or **Vegetable Broth**
4 bags (340 g/12 oz each) frozen zucchini spirals
 $\frac{2}{3}$ cup grated Parmesan cheese
 $\frac{1}{4}$ cup olive oil
Topping (optional): **Chili Flakes & Garlic Topper**

NUTRITIONAL INFO

Per serving: Calories 250, Fat 10 g (Saturated 3 g, Trans 0.1 g), Cholesterol 10 mg, Sodium 440 mg, Carbohydrate 22 g (Fibre 7 g, Sugars 10 g), Protein 20 g.

INSTRUCTIONS

1. In **12-Cup Multipurpose Pot**, combine sauce mix, crushed tomatoes, mushrooms, cream, and water. Cover and simmer on medium heat for 12–15 min, stirring occasionally. Mixture will thicken near the end of the cook time; stir more frequently (if necessary) to prevent sticking.
2. Meanwhile, working in two batches, place contents of 2 packages of zucchini spirals in **Multipurpose Steamer**. Cover and microwave on high for 6–8 min or until hot. Strain off excess liquid and transfer zucchini to large bowl. Cover to keep warm. Repeat cooking process with 2 remaining packages of zucchini spirals.
3. Divide the zucchini spirals between 12 bowls and top with the sauce, Parmesan cheese, oil, and additional topping, if desired.

PESTO TOMATO GARLIC BREAD



 **TOTAL TIME: 15 min**  **16 SERVINGS**  **\$0.99 CA/\$0.84 US PER SERVING**

To streamline prep, make and refrigerate **Pesto Sauce** up to 2 days before using.

INGREDIENTS

¼ cup **Pesto Sauce Mix**
¼ cup water
2 baguettes
⅔ cup julienned sundried tomatoes, packed in oil
4 Roma tomatoes
¼ cup pine nuts, optional
½ cup olive oil
2 tbsp grated Parmesan cheese
Toppings (optional): shaved, fresh Parmesan cheese; torn, fresh basil leaves;
Black Pepper (Grinder)

NUTRITIONAL INFO

Per serving: Calories 200, Fat 10 g (Saturated 1.5 g, Trans 0 g), Cholesterol 0 mg, Sodium 250 mg, Carbohydrate 22 g (Fibre 2 g, Sugars 1 g), Protein 5 g.

INSTRUCTIONS

1. Preheat oven to 425° F. Line two **Sheet Pans** with **Sheet Pan Liners**.
2. In **4-Cup Prep Bowl**, whisk sauce mix with water. Let stand 5 min.
3. Meanwhile, slice baguettes into halves horizontally, then cut each piece into quarters lengthwise so you have 16 pieces in total. Place on pans, cut sides up.
4. Strain excess oil off sundried tomatoes. Thinly slice Roma tomatoes.
5. Chop pine nuts, if using, and add to pesto mixture along with oil and Parmesan; whisk vigorously. Spread mixture on each baguette slice. Top with slices of Roma tomato and sprinkle with sundried tomatoes.
6. Bake in top and bottom third of oven for 7-9 min or until baguette is crispy. Add toppings, if desired.

KALE SALAD WITH CAESAR ROASTED CHICKPEAS



TIP: Try with your favourite Epicure Salad Dressing to change up the flavour!

 **TOTAL TIME:** 20 min  **12 SERVINGS**  **\$3.74 CA/\$3.18 US PER SERVING**

To streamline the recipe, prep **Caesar Dressing** a day or two ahead.

INGREDIENTS

CAESAR ROASTED CHICKPEAS

- 2 cans (19 oz/540 ml) chickpeas
- 2 tbsp olive oil
- ½ tsp **Sea Salt (Grinder)**
- 2 tbsp **Caesar Dressing Mix**

SALAD

- 2 containers (5 oz/142 g each) baby kale or spinach
- 2 large avocados
- 2 large English cucumbers
- 3 cups cherry tomatoes, about 1 pint
- ½ cup prepared **Caesar Dressing**

NUTRITIONAL INFO

Per serving: Calories 290, Fat 15 g (Saturated 2.5 g, Trans 0 g), Cholesterol 0 mg, Sodium 420 mg, Carbohydrate 32 g (Fibre 10 g, Sugars 5 g), Protein 9 g

INSTRUCTIONS

1. For the chickpeas, preheat air fryer to 375° F or oven to 400° F. Drain and rinse chickpeas. Pat dry with a clean kitchen towel. Remove and discard any loose skins that fall off the chickpeas.
2. Place chickpeas in **4-Cup Prep Bowl**. Add oil and sea salt; stir to combine. Cook in the air-fryer or oven:

AIR-FRYER

Sprinkle dressing mix over chickpeas and place in air fryer basket. Cook until browned and crispy, 12-14 min, shaking basket halfway through. For best results, work in two batches, if needed.

OVEN

Line two **Sheet Pans** with **Sheet Pan Liners**. Place chickpeas on pans. Roast 30 min or until crispy, stirring halfway through. Sprinkle with dressing mix.

3. Meanwhile, place kale in a large serving bowl. Dice avocados and cucumbers, and slice cherry tomatoes in halves; place in bowl with greens. Top with cooked chickpeas, then drizzle with dressing. Toss to mix.