

STYLISH SUNDAY DINNER

RECIPES & GROCERY LIST



Makes 6 servings

Cost per Serving:

\$2.77 CA/\$2.35 US

Sheet Pan Rosemary Garlic Cranberry Chicken
Rosemary Garlic Seasoning

Italian Mashed Potatoes
Italian Seasoning

Bruschetta Green Beans
Bruschetta Seasoning

Do you remember the last family dinner you prepared where no one talked for the first 10 minutes because the food was just so good? And would you like to experience that again? It's easy! All you need is a **Sheet Pan**, **Sheet Pan Liner**, and **Multipurpose Steamer**, three Epicure seasonings, and some basic pantry ingredients. Get ready to elevate your Sunday night dinners or use this menu for your next holiday feast!

GROCERY LIST

EPICURE PRODUCTS

- ☐ **Bruschetta Seasoning** (Bruschetta Green Beans)
- ☐ **Italian Seasoning** (Italian Mashed Potatoes)
- ☐ **Rosemary Garlic Seasoning** (Sheet Pan Rosemary Garlic Cranberry Chicken)

PRODUCE

- ☐ **4 medium potatoes** (Italian Mashed Potatoes)
Try Russet or Yukon Gold or swap with cauliflower
- ☐ **1 lemon** (Sheet Pan Rosemary Garlic Cranberry Chicken) | *Swap: orange*
- ☐ **1 large tomato** (Bruschetta Green Beans)
- ☐ **1½ lbs (675 g) fresh green beans**, about 6 cups (Bruschetta Green Beans)
- ☐ **1½ cups fresh or frozen cranberries** (Sheet Pan Rosemary Garlic Cranberry Chicken)

PANTRY STAPLES

- ☐ **2 tbsp olive oil**
 - 1 tbsp (Bruschetta Green Beans)
 - 1 tbsp (Sheet Pan Rosemary Garlic Cranberry Chicken)

PROTEIN

- ☐ **2 lbs (900 g) bone-in, skin on chicken thighs**, about 6 pieces (Sheet Pan Rosemary Garlic Cranberry Chicken) | *Swap: chicken breasts or boneless skinless chicken breasts*

DAIRY

- ☐ **½ cup milk**, your choice (Italian Mashed Potatoes)
Swap: broth, your choice
- ☐ **2 tbsp butter** (Italian Mashed Potatoes)
Swap: cream cheese



SHEET PAN ROSEMARY GARLIC CRANBERRY CHICKEN

TIP: Pressed for time? Swap bone-in, skin-on chicken with 1½ lbs (675 g) boneless, skinless chicken breasts. Start checking for doneness after 20 min.

 **TOTAL TIME:** 35–40 min  **6 SERVINGS**  **\$1.37 CA/\$1.16 US PER SERVING**

INGREDIENTS

2 lbs (900 g) bone-in, skin on chicken, such as thighs or breasts, about 6 pieces
1 tbsp olive oil
2 tbsp **Rosemary Garlic Seasoning**
1½ cups fresh or frozen cranberries
1 lemon or orange

Toppings (optional): fresh rosemary sprigs

NUTRITIONAL INFO

Per serving: Calories 240, Fat 15 g (Saturated 4 g, Trans 0.1 g), Cholesterol 115 mg, Sodium 90 mg, Carbohydrate 5 g (Fibre 2 g, Sugars 1 g), Protein 20 g.

INSTRUCTIONS

1. Preheat oven to 425° F.
2. Using a paper towel, pat chicken dry. Coat with oil. Generously rub with seasoning, getting some underneath the skin, as able. Place on **¼ Sheet Pan** lined with **¼ Sheet Pan Liner**.
3. Add cranberries, placing between chicken pieces to keep as much of the chicken skin exposed as possible.
4. Slice lemon or orange into wedges; tuck into pan with chicken.
5. Bake 30–35 min or until chicken is cooked through.

ITALIAN MASHED POTATOES



TIP: Add cauliflower florets to the steamer for a cauli-potato mash.

 TOTAL TIME: 20 min

 6 SERVINGS

 \$0.37 CA/\$0.31 US PER SERVING

INGREDIENTS

- 4 medium potatoes, such as Russet or Yukon Gold
- ½ cup milk or broth, your choice
- 2 tbsp butter
- 1 tbsp **Italian Seasoning**

NUTRITIONAL INFO

Per serving: Calories 180, Fat 4.5 g (Saturated 2.5 g, Trans 0.1 g), Cholesterol 10 mg, Sodium 50 mg, Carbohydrate 32 g (Fibre 3 g, Sugars 1 g), Protein 4 g.

INSTRUCTIONS

1. Peel potatoes; cut into 1" cubes. Place in **Multipurpose** or **Round Steamer**. Microwave on high, covered, 10–12 min. Stir every 5 min.
2. Using **Ground Meat Separator**, mash potatoes to desired consistency.
3. Heat milk; add to potatoes. Stir in butter and seasoning.

BRUSCHETTA GREEN BEANS



 TOTAL TIME: 10 min

 6 SERVINGS

 \$1.03 CA/\$0.88 US PER SERVING

INGREDIENTS

- 1½ lbs (675 g) fresh green beans, trimmed, about 6 cups
- 1 large tomato
- 1 tbsp **Bruschetta Seasoning**
- 1 tbsp olive oil
- Sea Salt & Black Pepper** (Grinders), to taste

NUTRITIONAL INFO

Per serving: Calories 60, Fat 2.5 g (Saturated 0.4 g, Trans 0 g), Cholesterol 0 mg, Sodium 10 mg, Carbohydrate 10 g (Fibre 4 g, Sugars 5 g), Protein 2 g.

INSTRUCTIONS

1. Place beans in **Multipurpose Steamer**. Cover; microwave on high 7 min, tossing halfway through.
2. Meanwhile, dice tomato; place in a bowl. Stir in seasoning and oil.
3. To serve, top beans with bruschetta. Season with salt and pepper, to taste.