

GAME DAY

RECIPES & GROCERY LIST



\$ *Makes 12 servings*
Cost per Serving:
\$3.71 CA/\$3.10 US

Lemon Pepper Wings

Lemon Pepper Wing Seasoning

Buffalo Wings

Buffalo Wing Seasoning

Roasted Garlic Aioli

Cheese-Stuffed Mini Meatballs

Honey Garlic Meatball Seasoning

Chipotle Aioli

Baked Brie with Red Pepper Jelly

Poco Picante Salsa

Feisty Smashed Potatoes with

Savoury Herb Gravy

Feisty Green Sauce Mix

Savoury Herb Gravy Mix

Feisty Green Sauce

If you're watching football with your friends on Sunday or hosting the next Hockey Night in Canada — then this menu is for you! We've got you covered with mouth-watering finger foods that are a breeze to prepare. Get your fix of wings and meatballs, round it out with veggies, then add your choice of dips. Bring out the Baked Brie with Red Pepper Jelly during intermission or halftime so you can relish in the compliments!

GROCERY LIST

EPICURE PRODUCTS

- Buffalo Wing Seasoning
- Chipotle Aioli Mix
- Feisty Green Sauce Mix (Feisty Smashed Potatoes)
- Honey Garlic Meatball Seasoning (Cheese-Stuffed Meatballs)
- Lemon Pepper Wing Seasoning
- Poco Picante Salsa Mix
- Red Pepper Jelly (Baked Brie with Red Pepper Jelly)
- Roasted Garlic Aioli Mix
- Savoury Herb Gravy (Feisty Smashed Potatoes)

PRODUCE

- 1 large tomato (Poco Picante Salsa)
Swap: 1 cup canned diced tomatoes
- 1½ lbs (675 g) baby potatoes (Feisty Smashed Potatoes)

PANTRY STAPLES

- 2½ cups mayonnaise, preferably light
 - 1 cup (Chipotle Aioli)
 - 1 cup (Roasted Garlic Aioli)
 - ½ cup (Feisty Green Sauce)

- ¼ cup vinegar (Buffalo Wings)
- 3 tbsp oil (Feisty Smashed Potatoes)
- 2 tbsp brown sugar (Buffalo Wings)
- 2 tbsp honey (Cheese-Stuffed Meatballs)
- 1 tbsp ketchup (Buffalo Wings)
- 2 tsp lemon juice, optional
 - 1 tsp, optional (Chipotle Aioli)
 - 1 tsp, optional (Roasted Garlic Aioli)
- 2 tsp lime juice:
 - 1 tsp (Feisty Green Sauce)
 - 1 tsp, optional (Poco Picante Salsa)

PROTEIN

- 2½ lbs (1.13 kg) chicken wings, about 12 wings
 - 1½ lbs (675 g) (Buffalo Wings)
 - 1 lb (450 g) (Lemon Pepper Wings)
- 1 lb (450 g) ground turkey (Cheese-Stuffed Meatballs) | *Swap: ground chicken*

DAIRY

- 1 (4 oz/125 g) brie cheese wheel (Baked Brie with Red Pepper Jelly)
- ¼ cup soft goat cheese (Cheese-Stuffed Meatballs) | *Try: flavoured goat cheese, such as cranberry or herbed or swap with cream cheese*



LEMON PEPPER WINGS



TIP: For crunchier wings, place **Cooling Racks** on **Sheet Pan**, lightly brush with oil to prevent sticking, then place chicken on top; bake. No **Cooling Racks**? No problem! Toss uncooked wings with seasoning and enough corn starch to lightly coat them; bake on lined **Sheet Pan**.

TOTAL TIME: 35 min **4 SERVINGS** **\$1.49 CA/\$1.27 US PER SERVING**

A delicious appetizer for those who prefer sauceless wings!

INGREDIENTS

- 1 lb (450 g) chicken wings
- 1½ tbsp **Lemon Pepper Wing Seasoning**

NUTRITIONAL INFO

Per serving (about 3 wings): Calories 140, Fat 9 g (Saturated 2.5 g, Trans 0 g), Cholesterol 40 mg, Sodium 100 mg, Carbohydrate 3 g (Fibre 0 g, Sugars 0 g), Protein 12 g.

INSTRUCTIONS

1. Preheat oven to 400° F.
2. Toss wings with seasoning. Place on **Sheet Pan** lined with **Sheet Pan Liner**. Bake for 25–30 min, or until cooked through.

BUFFALO WINGS



 TOTAL TIME: 35 min  6 SERVINGS  \$1.63 CA/\$1.39 US PER SERVING

A spicy and saucy pub-favourite appetizer!

INGREDIENTS

3¼ tbsp **Buffalo Wing Seasoning**,
divided
2 tbsp brown sugar
1 tbsp ketchup
¼ cup vinegar
1½ lbs (675 g) chicken wings

NUTRITIONAL INFO

Per serving (about 3 wings): Calories 160, Fat 9 g
(Saturated 2.5 g, Trans 0 g), Cholesterol 40 mg,
Sodium 330 mg, Carbohydrate 8 g (Fibre 1 g,
Sugars 5 g), Protein 13 g.

INSTRUCTIONS

1. Preheat oven to 400° F.
2. In a bowl, whisk together 1 tbsp seasoning, sugar, ketchup, and vinegar. Set aside.
3. Toss wings with remaining 2¼ tbsp seasoning. Place on **Sheet Pan** lined with **Sheet Pan Liner**. Bake for 25–30 min, or until cooked through.
4. Toss cooked wings in prepared sauce.

ROASTED GARLIC AIOLI

TIP: Serve as a dip for grilled and steamed vegetables; add a dollop to fish and seafood stews.



TOTAL TIME: 15 min



1 CUP



\$0.15 CA/\$0.11 US PER SERVING

INGREDIENTS

- 1 tbsp **Roasted Garlic Aioli Mix**
- 1 cup light mayonnaise
- 1 tsp lemon juice, optional

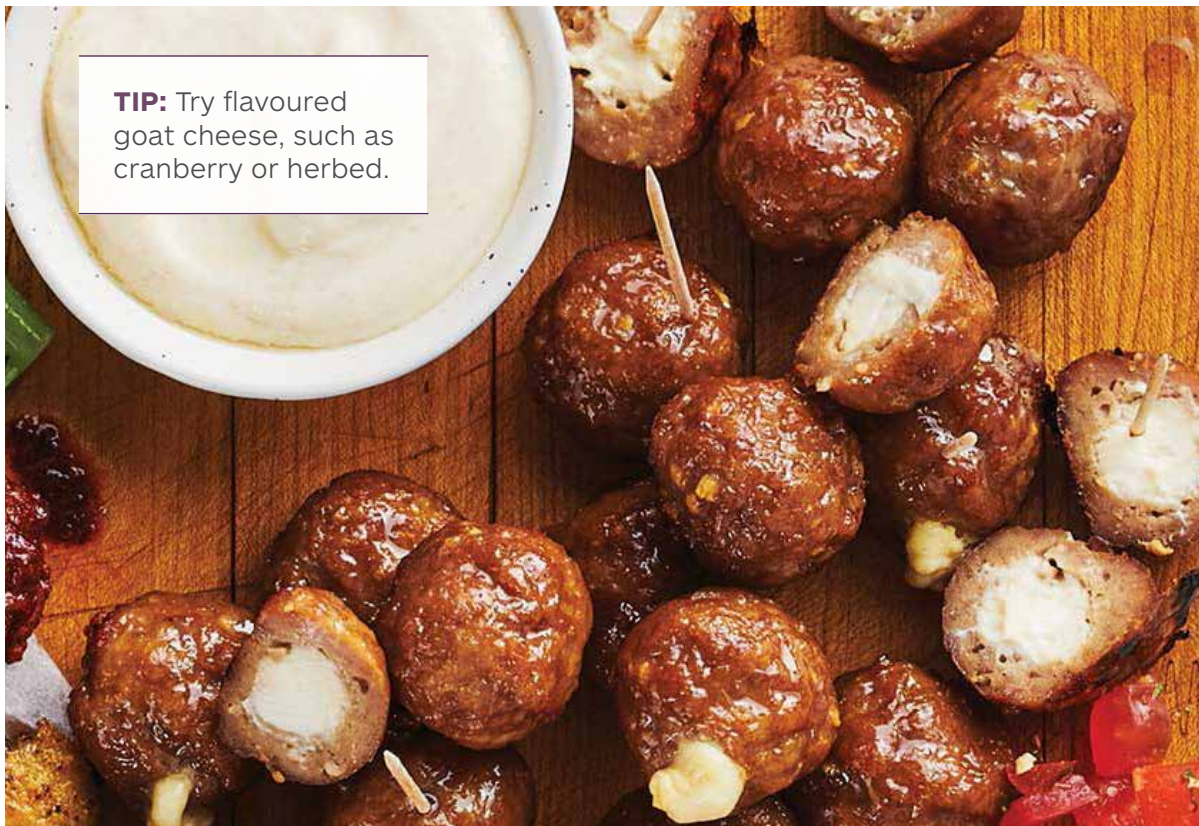
NUTRITIONAL INFO

Per serving (1 tbsp): Calories 50, Fat 4.5 g (Saturated 0.5 g, Trans 0 g), Cholesterol 5 mg, Sodium 115 mg, Carbohydrate 2 g (Fiber 0 g, Sugars 1 g), Protein 0.2 g.

INSTRUCTIONS

1. In a bowl, whisk together aioli mix and mayonnaise, add lemon juice, if desired. Let stand 10–15 min to allow flavors to blend.

CHEESE-STUFFED MINI MEATBALLS



TOTAL TIME: 20 min



22 MINI MEATBALLS



\$0.61 CA/\$0.52 US PER SERVING

A sweet and garlicky appetizer with a surprise centre! Dish up with **Roasted Garlic Aioli** for dunking.

INGREDIENTS

1 lb (450 g) ground turkey or chicken
1 pkg **Honey Garlic Meatball Seasoning**
¼ cup soft goat cheese or cream cheese
2 tbsp honey

Toppings (optional): sesame seeds,
chopped green onions

NUTRITIONAL INFO

Per serving: Calories 60, Fat 2 g (Saturated 0.5 g, Trans 0 g), Cholesterol 15 mg, Sodium 90 mg, Carbohydrate 5 g (Fibre 0 g, Sugars 4 g), Protein 5 g

INSTRUCTIONS

1. Preheat oven to 425° F. Line **Sheet Pan** with **Sheet Pan Liner**.
2. In a large bowl, crumble in ground meat; add seasoning. Mix well. Using 1 tbsp as a guide, form meatballs; place on pan. Flatten slightly into discs and put about ½ tsp cheese in the centre of each disc. Reshape into a ball, sealing meat around cheese.
3. In **Prep Bowl**, melt honey in the microwave for about 20 sec.
4. Brush meatballs with melted honey. Bake until cooked through, about 10 min.
5. Insert a toothpick into each ball—they'll be easier for guests to pick up.

CHIPOTLE AIOLI



TIP: Try it on hamburgers or sandwiches for a spicy kick!



TOTAL TIME: 15 min



1 CUP



\$0.10 CA/\$0.09 US PER SERVING

INGREDIENTS

- 1 tbsp **Chipotle Aioli Mix**
- 1 cup light mayonnaise
- 1 tsp lemon juice, optional

NUTRITIONAL INFO

Per serving (1 tbsp): Calories 60, Fat 5 g (Saturated 1 g, Trans 0 g), Cholesterol 5 mg, Sodium 130 mg, Carbohydrate 2 g (Fiber 0 g, Sugars 1 g), Protein 0.2 g

INSTRUCTIONS

1. In a bowl, whisk together aioli mix and mayonnaise, add lemon juice, if desired. Let stand 10–15 min to allow flavors to blend.

BAKED BRIE WITH RED PEPPER JELLY



TOTAL TIME: 6-7 min



6 SERVINGS



\$1 CA/\$0.78 US PER SERVING

A marriage made in heaven: creamy and sweet, and a crowd pleaser!

INGREDIENTS

1 (4 oz/125 g) brie cheese wheel
2-3 tbsp **Red Pepper Jelly**

NUTRITIONAL INFO

Per serving: Calories 80, Fat 6 g (Saturated 3.5 g, Trans 0 g), Cholesterol 20 mg, Sodium 130 mg, Carbohydrate 2 g (Fiber 0 g, Sugars 2 g), Protein 4 g

INSTRUCTIONS

1. Place brie in mini baker.
2. Microwave on high for 60-90 seconds.
3. Top with Red Pepper Jelly.
4. Place mini baker on a serving platter, and serve surrounded with crackers or baguette slices.

POCO PICANTE SALSA



TOTAL TIME: 10 min



1 CUP



\$0.20 CA/\$0.17 US PER SERVING

One recipe makes about 1 cup.

INGREDIENTS

2 tbsp **Poco Picante Salsa Mix**
1 cup diced tomatoes
1 tsp lime juice, optional
cilantro, optional

NUTRITIONAL INFO

Per serving (2 tbsp): Calories 10, Fat 0.1 g (Saturated 0 g, Trans 0 g), Cholesterol 0 mg, Sodium 85 mg, Carbohydrate 2 g (Fiber 1 g, Sugars 1 g), Protein 0.4 g.

INSTRUCTIONS

1. Add salsa mix to tomatoes. Add lime juice and cilantro, if desired. Let stand 10 min before serving.

FEISTY SMASHED POTATOES

with Savoury Herb Gravy



 TOTAL TIME: 20-25 min  6 SERVINGS  \$0.39 CA/\$0.33 US PER SERVING

Delicious paired with **Savoury Herb Gravy**.

INGREDIENTS

1½ lbs (675 g) baby potatoes
3 tbsp oil, divided
1-2 tbsp **Feisty Green Sauce Mix**

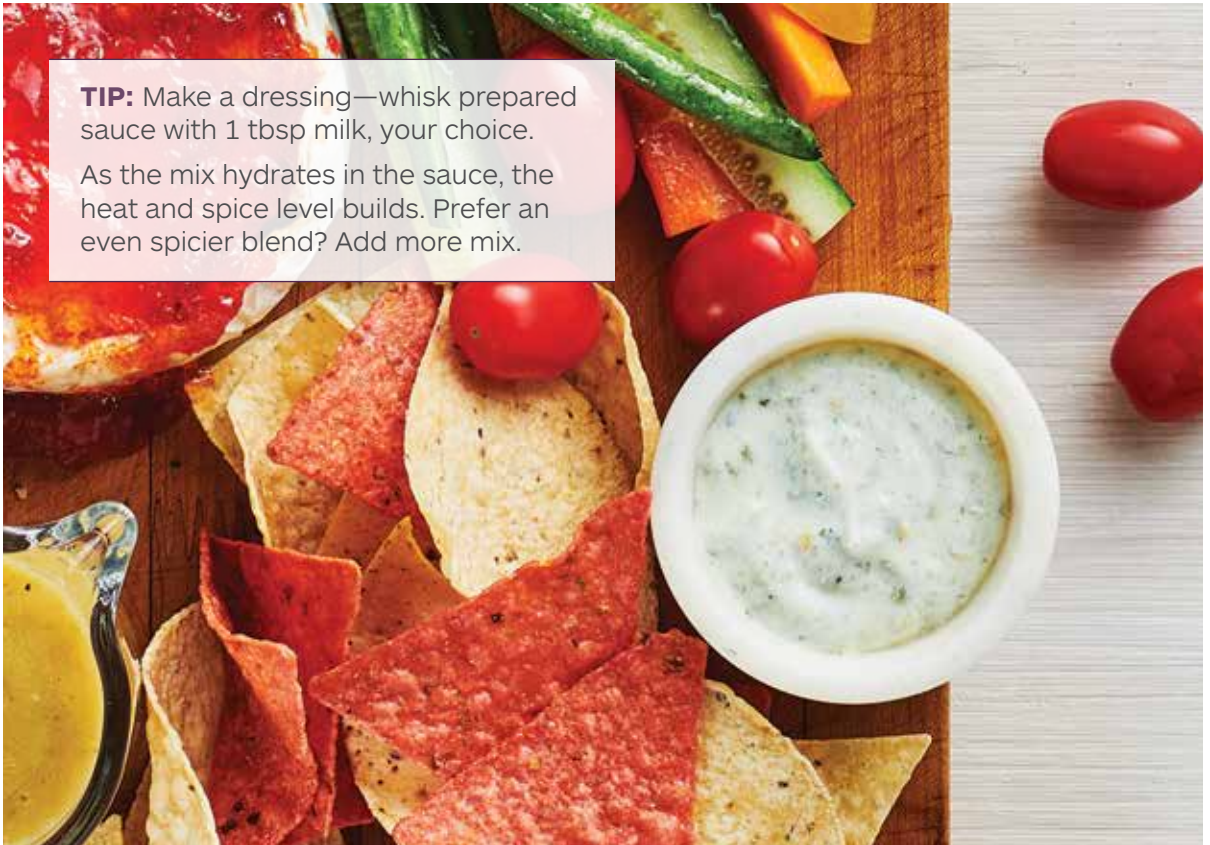
NUTRITIONAL INFO

Per serving: Calories 150, Fat 7 g (Saturated 1 g, Trans 0 g), Cholesterol 0 mg, Sodium 10 mg, Carbohydrate 20 g (Fibre 2 g, Sugars 1 g), Protein 3 g.

INSTRUCTIONS

1. Preheat oven to 425° F. Line **Sheet Pan** with **Sheet Pan Liner**.
2. Place potatoes in **Multipurpose** or **Round Steamer**. Cover; microwave on high 6-8 min or until tender.
3. Remove from microwave; toss with 2 tbsp oil and seasoning. Spread in a single layer on pan.
4. Using the bottom of a bowl or cup, smash potatoes down to about ¼" - ½" thick. Drizzle with remaining 1 tbsp oil and any oil that may be left in the steamer. Roast 10-15 min, until edges start to crisp up. Serve immediately.

FEISTY GREEN SAUCE



TIP: Make a dressing—whisk prepared sauce with 1 tbsp milk, your choice.

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



TOTAL TIME: 10 min



½ CUP



\$0.14 CA/\$0.12 US PER SERVING

INGREDIENTS

- 1 tbsp Feisty Green Sauce Mix
- ½ cup mayonnaise
- 2 tbsp water
- 1 tsp lime juice

NUTRITIONAL INFO

Per serving (1 tbsp): 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

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