



E P I C U R E™


Best of festive

Celebrate the holidays with the **December Epic Box**! Get into the spirit of the season with swoon worthy appies and uncomplicated, versatile main courses, plus some fun, family brunches. As a special treat, we've added an exclusive, never-before-seen product into the box!



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Boost your kitchen confidence with help from the December Epic Box.




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Meatball Sub

15 min | 6 servings | 3.40 CA / 2.39 US per serving



Is there anything better than biting into a saucy, cheesy meatball sub? Make yours from scratch in just 15 minutes! With the fragrant flavours of herbs and garlic and a full serving of protein, we guarantee this will be a crowd pleaser for the whole family.

Ingredients

- 1 pkg **Classic Meatloaf Seasoning**
- 1½ lbs (675 g) lean ground beef
- 2 cups pasta sauce or **Marinara Sauce**
- 6 sub buns, split and toasted
- 1 cup shredded mozzarella cheese

Instructions

1. In a large bowl, combine seasoning and beef. Using your hands or a large spoon, mix until well blended. Form into 24 meatballs, about 2 tbsp mixture for each
2. Arrange in a single layer in **Multipurpose Steamer**. (They will touch—it's a tight fit!) Cover and microwave on high for 5 min or until cooked. Carefully drain liquid from steamer.
3. Add pasta sauce; stir to coat meatballs. Cover and microwave on high 1–2 min, or until sauce has warmed.
4. Place four meatballs in each bun, top with sauce and cheese.

PERFECTLY BALANCE YOUR PLATE: Serve with 1 cup veggies, your choice.

Per serving (1 sub): Calories 460, Fat 21 g (Saturated 8 g, Trans 0.4 g), Cholesterol 75 mg, Sodium 600 mg, Carbohydrate 43 g (Fibre 5 g, Sugars 7 g), Protein 23 g.

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Classic Meatloaf

- Rich with notes of onion, tomatoes, garlic & parsley.
- A home-style meatloaf prepared in the microwave (seriously!) or the oven.
- Make with ground beef or chicken.
- Slice leftover meatloaf and reheat to make a meatloaf sandwich.
- Crumble prepared meatloaf over pizza, mix in with tomato or cream-based pasta sauces, or add to chilis.
- Use dry blend to season meatballs or burger patties.

MEATLOAF CAPRESE SANDWICH



MEATLOAF FRIED RICE



CHEESEBURGER SALAD



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Marry Me Chicken

20 min | 4 servings | 4.01 CA / 3.41 US per serving



Chicken so good, you'll wanna marry it! Or, your partner will want to marry you (maybe all over again) after you make it. Either way, it's love at first bite! Serve it up with rice, couscous, mashed potatoes, or farro to soak up all the saucy goodness.

Ingredients

- 1 lb (450 g) boneless, skinless chicken breasts, about 2
- 1 tbsp olive oil
- 1 ½ cups milk, your choice
- 1 pkg **Rosée Sauce Mix**
- ½ cup tomato paste
- 2 tbsp julienned sundried tomatoes packed in oil, drained
- 2 cups baby spinach

Instructions

1. Preheat oven to 375° F.
2. Thinly slice chicken by placing one hand on one breast and pressing down firmly. Curve fingers up slightly for safety. Carefully slice meat horizontally. Repeat with remaining chicken. You should have four pieces in total.
3. Heat oil in **Sauté Pan** over medium-high heat. Sear chicken 3–4 min per side (it does not need to be fully cooked). Transfer chicken to a plate and set aside. Do not clean pan.
4. Pour milk into pan. Add sauce mix, tomato paste, and sundried tomatoes; whisk to combine. Bring to a boil, stirring constantly. Reduce heat and simmer 2–3 min, or until thickened.
5. Add chicken back to pan and spoon sauce on top. Transfer pan to oven and bake 6–7 min.
6. Meanwhile, coarsely chop spinach.
7. Remove pan from oven. Fold chopped spinach into sauce; stir until wilted.

PERFECTLY BALANCE YOUR PLATE: Serve with 1 cup mashed potatoes, and 2 cups leafy greens with 1 tbsp Epicure Dressing.

Per serving: Calories 300, Fat 11 g (Saturated 3.5 g, Trans 0.2 g), Cholesterol 100 mg, Sodium 470 mg, Carbohydrate 18 g (Fibre 3 g, Sugars 10 g), Protein 34 g.

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Rosée Sauce Mix

- Classic, creamy rosée sauce with a timeless trio: tomato, basil, and parmesan cheese!

- 1 pkg makes 2 cups of sauce.

- Toss with 6 cups of cooked pasta. Make it a complete meal by adding sautéed veggies and chicken, shrimp, or sausage.

- Add a splash of vodka to the recipe to make penne alla vodka.

- Spoon sauce over grilled chicken, fish, shrimp, or veggies.

- Top pizzas and flatbreads, layer lasagnas, and use in pasta bakes and casseroles.

- Tip: pair with Italian Meatballs!



Bruschetta Green Beans

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, to taste
Black pepper, to taste

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 tomatoes. Season with salt and pepper, to taste.

PERFECTLY BALANCE YOUR PLATE: Serve with 4 oz (113 g) lean protein and ½–1 cup mashed potatoes.

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.

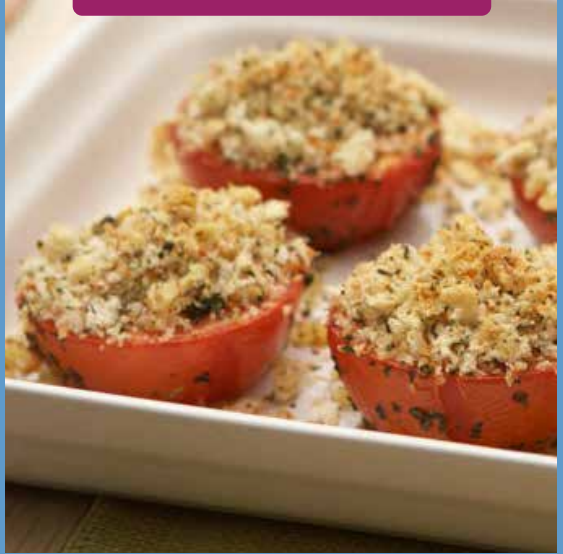
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Bruschetta Seasoning

- Mild flavour with basil, parsley & garlic.
- Easily whip up this classic appy.
- For toasted breads, pasta sauces, seafood, and egg dishes.

SAVOURY TOMATO CRUMBLE



ONE POT PASTA



SMASHED BROCCOLI



Breakfast Waffle Sandwiches

18 min | 6 servings | 1.82 CA / 1.55 US per serving



Rise and shine! We all know breakfast is the most important meal of the day; let's make it the most fun meal, too! Mash up these classic, breakfast faves and get stacks on stacks of morning magic. Cook the waffles ahead of time and store in the freezer. Pop them in the toaster or reheat on a **Sheet Pan** in the oven when it's time for breakfast.

Ingredients

1 pkg **Pancake & Waffle Mix**
7 eggs, divided
1 cup milk, your choice
2 tbsp + 1 tsp oil, divided
2 tsp vanilla extract
6 strips low-sodium bacon
½ cup cheddar cheese, optional
Toppings (optional): prepared **Hollandaise Sauce** or **Chipotle Aioli**, tomato slices, leafy greens

Instructions

1. In a large bowl, whisk mix with 1 egg, milk, 2 tbsp oil, and vanilla extract. Let batter rest 5 min; it will continue to thicken.
2. Cook three waffles according to waffle maker instructions.
3. Meanwhile, lay bacon on tray in **Multipurpose Steamer**. It's okay if the strips overlap. Cover and microwave on high 5 min, or until cooked to your liking.
4. Heat remaining 1 tsp oil in **Sauté Pan** over medium heat. Crack remaining 6 eggs into pan; stir constantly as eggs start to scramble. Near the end of cooking, sprinkle in cheese, if using.
5. To assemble sandwiches, slice waffles into quarters. Divide bacon, eggs, and additional toppings, if desired, between half of the waffle quarters and top each with another waffle quarter.

PERFECTLY BALANCE YOUR PLATE: Serve with ½ cup plain 2% Greek yogurt and 1 cup berries.

Per serving: Calories 360, Fat 23 g (Saturated 3 g, Trans 0.1 g), Cholesterol 220 mg, Sodium 420 mg, Carbohydrate 24 g (Fibre 0 g, Sugars 6 g), Protein 13 g.

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Pancake & Waffle Mix

- The fluffiest, gluten free pancakes and waffles ever!
- Just mix a few simple ingredients, then griddle, flip, or press your way through an easy and delicious breakfast.
- Single-serving packs help streamline breakfast prep.
- 1 package makes up to 8 pancakes or 4 waffles.
- Add chopped fruit, chocolate chips, coconut, mini marshmallows, or Epicure Dip Mixes to the batter.

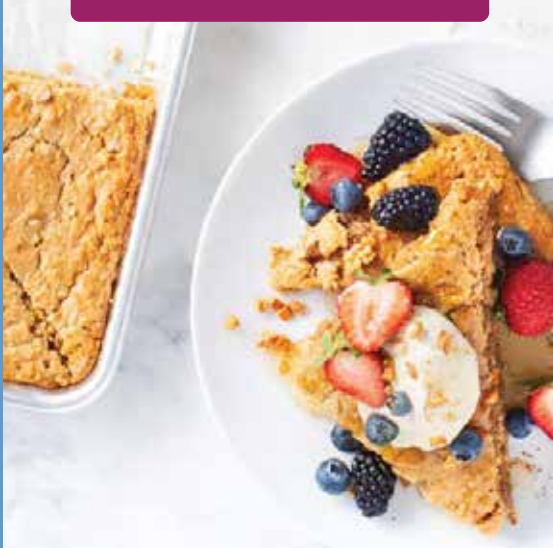
BACON & CHEDDAR WAFFLES



SALTED CARAMEL PANCAKES



SLEEPING BEAUTY OAT CAKES



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Easy Roast Turkey Breast

50 min | 8 servings | 3.35 CA / 2.85 US per serving



Tired of the turkey chaos of cooking a whole bird for the holidays? Try this roasted turkey breast for all of the flavour and none of the fuss. It's a hassle-free, mess-free alternative—and think of all that oven space you'll save!

Ingredients

2–2½ lbs (900 g–1.1 kg) boneless turkey breast
1 tsp olive oil
1 pkg **Roast Turkey Seasoning**

Instructions

1. Preheat oven to 425° F. Line **Sheet Pan** with **Sheet Pan Liner**.
2. Using a basting brush, brush turkey breast with olive oil and seasoning.
3. Roast for 45 min, or until the temperature of the thickest part of the breast is at least 170° F (77° C).
4. Remove the turkey from the oven. Cover loosely with foil and let it rest for 5–10 minutes before carving and serving.

PERFECTLY BALANCE YOUR PLATE: Serve with 1 cup mashed potatoes and 2 cups leafy greens with 1 tbsp Epicure Dressing.

Per serving: Calories 160, Fat 4.5 g (Saturated 1.5 g, Trans 0 g), Cholesterol 75 mg, Sodium 210 mg, Carbohydrate 2 g (Fibre 0 g, Sugars 0 g), Protein 27 g.

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Roast Turkey Seasoning

- Whether you're cooking a full Christmas dinner or a smaller bird for the fam, start with this herby blend with a hint of chili.
- 1 package will season a whole turkey up to 12 lb (1.4 kg) or two 3 lb (1.4 kg) turkey breasts.
- Add to gravy or creamy soups, or sprinkle over root veggies before roasting.
- Blend with cream cheese and sliced green onion; use to stuff boneless skinless chicken breasts or pork chops.

CREAMY SLOW COOKER CHICKEN



BROCCOLI CHEDDAR CHICKEN CASSEROLE



TURKEY STUFFING



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Spinach & Artichoke Frittata

20 min | 4 servings | 2.76 CA / 2.35 US per serving



Ingredients

1 can (14 oz/398 ml) whole artichoke hearts
8 eggs
1 pkg **Spinach & Artichoke Hot Dip Mix**
½ pkg (8 oz/250 g) light cream cheese
1 tbsp olive oil
Topping (optional): **Better Than Bacon Topper**

Instructions

1. Preheat oven to 375° F.
2. Drain and rinse artichokes. Cut in half lengthwise through the stem and place face down on a paper towel to dry.
3. In a large bowl, whisk together eggs and dip mix, then crumble in cream cheese.
4. Heat oil in **Sauté Pan** over medium heat. Once oil is hot, carefully add artichoke heart halves face down in pan and cook for 2—3 min. Pour egg mixture over artichokes and cook for 4—5 min without touching until the bottom starts to set and the sides pull away from the pan.
5. Transfer the pan into preheated oven and cook for 8 min, or until eggs are firm.
6. Remove from oven and carefully turn frittata over onto a cutting board or plate. Add topper, if desired.

PERFECTLY BALANCE YOUR PLATE: Serve with 1 slice of toasted, whole wheat bread.

Tip: When adding cream cheese, it's okay if it doesn't combine smoothly with the other ingredients. Finding some semi-melted chunks of cream cheese inside the frittata is a nice treat!

Per serving: Calories 340, Fat 20 g (Saturated 7 g, Trans 0 g), Cholesterol 505 mg, Sodium 430 mg, Carbohydrate 18 g (Fibre 6 g, Sugars 4 g), Protein 22 g.

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Spinach & Artichoke Hot Dip Mix

- Rich, creamy, and cheesy.
- The perfect addition to a charcuterie board, or on its own with fresh baguette.
- All the flavours of creamed spinach with tangy artichoke, heady garlic, and a touch of heat.
- 1 bag makes 3 cups of dip.
- Stuff chicken breasts, mushroom caps or pasta shells.

SPINACH & ARTICHOKE SPAGHETTI



SPINACH & ARTICHOKE PULL-APART BREAD



HOT SPINACH & ARTICHOKE BITES



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Soft Gingerbread Chews

45 min (includes 20 min chill time) | 18 cookies | 0.40 CA / 0.34 US per serving



These are soft and chewy with a tingy ginger kick!

Ingredients

1 egg
¼ cup coconut oil, melted
¼ cup molasses, fancy or cooking
1 pkg **Gingerbread Mix**
Granulated sugar, for coating, optional

Instructions

1. In a bowl, whisk egg, then whisk in oil and molasses. Stir in mix. Dough will be very dense. Refrigerate to chill and firm, about 20–30 min or overnight.
2. Preheat oven to 350° F. Line **Sheet Pan** with **Sheet Pan Liner**.
3. Using scant tbsp as a guide, form dough into balls. If dough gets too soft, refrigerate again to chill. Roll balls in sugar to evenly coat, if using.
4. Arrange balls 1" apart on pan. Bake until cookies crack on top and edges start to set (they'll still be a little soft), about 10–12 min. Let cool on pan 5 min, then transfer to **Cooling Racks**.
5. Store in airtight container, at room temperature, up to 5 days or freeze up to 3 months.

Tip: Before starting, place Sheet Pan lined with Sheet Pan Liner in the fridge to chill.

Tip: Don't overbake cookies—the edges should just be set; they'll continue to cook once they rest in the pan. This will keep them moist and chewy.

Per serving (1 cookie): Calories 90, Fat 3.5 g (Saturated 2.5 g, Trans 0 g), Cholesterol 15 mg, Sodium 115 mg, Carbohydrate 13 g (Fibre 1 g, Sugars 9 g), Protein 1 g.

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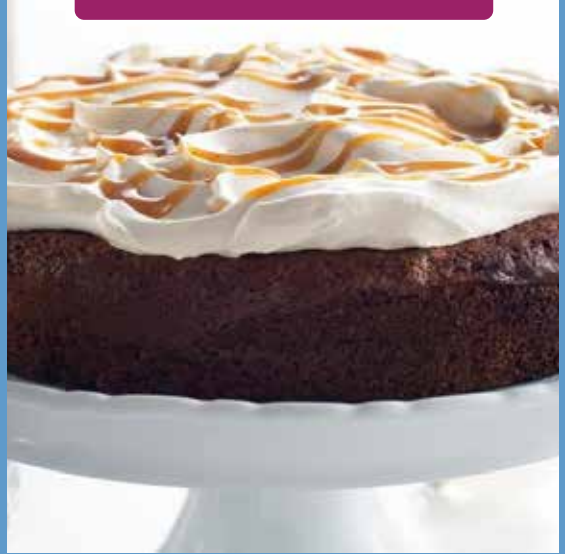
Gingerbread Mix

- Classic, gluten free and low sugar blend for all your festive baking!
- Traditional aromas of ginger, cinnamon, and clove come together to make a classic gingerbread blend.
- No oven needed for a 5-minute cake!
- 1 bag makes a cake with up to 12 servings.
- Make cakes or muffins, or try it as a base for waffles and pancakes!

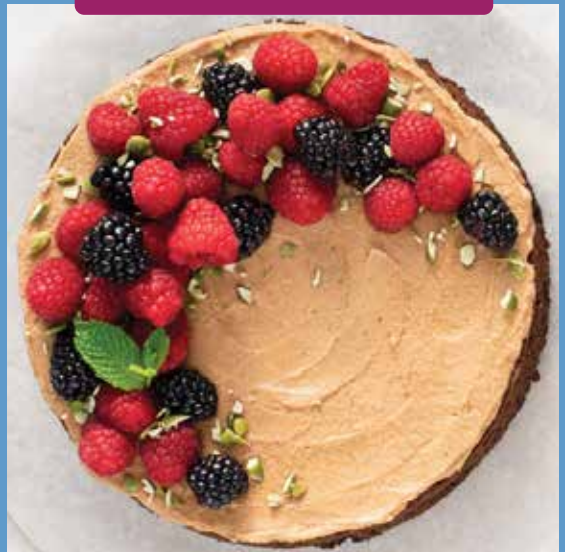
VEGAN GINGERBREAD CAKE



GINGERBREAD CAKE



GINGERBREAD CARAMEL CAKE



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December Grocery List

PRODUCE

- 1½ lbs (675 g) fresh green beans (Bruschetta Green Beans)
- 1 large tomato (Bruschetta Green Beans)

PANTRY STAPLES

- Oil:
 - ½ cup (Gingerbread Cake)
 - 2 tbsp (Pancakes & Waffles)
 - 1 tbsp, preferably olive (Bruschetta Green Beans)
- 1 can (14 oz/398 ml) artichoke hearts (Spinach & Artichoke Hot Dip)
- 3 cups uncooked pasta, your choice (Rosée Pasta)
- 1 cup mayonnaise (Spinach & Artichoke Hot Dip)
- ½ cup tomato paste (Rosée Pasta)
- ¼ cup fancy or cooking molasses (Gingerbread Cake)
- 3 tbsp ketchup (Classic Meatloaf)
- 1 tsp brown sugar (Classic Meatloaf)
- 1 tsp honey mustard (Classic Meatloaf)
- 1 tsp vanilla extract (Pancakes & Waffles)

PROTEIN

- 4 eggs
 - 2 (Gingerbread Cake)
 - 2 (Classic Meatloaf)
 - 1 (Pancakes & Waffles)
- 8-10 lbs (4-5 kg) turkey (Roast Turkey)
- 1 lb (450 g) lean ground beef (Classic Meatloaf)

DAIRY

- 2½ cups milk, your choice
 - 1½ cups (Rosée Pasta)
 - 1 cup (Pancakes & Waffles)
- 1 cup cream cheese (Spinach & Artichoke Hot Dip)