



End Zone Eats

This November, it's all about football feasts and sideline snacks

Here are some go-to recipes for game day grub, perfect for huddling up to watch the Canadian Grey Cup or American Thanksgiving showdowns. More of a player? These dishes will also refuel the fam after a big day of activities.

E P I C U R E™

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Boost your kitchen confidence with help from the November Epic Box!



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EXCLUSIVE



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E P I C U R E™



Quarterback Quesadillas



Total Time
20 min



Makes
4 servings



Cost per serving
\$2.73 (CA) • \$2.32 (US)

Huddle up—it's fourth and goal, and this recipe is your go-to play to clinch the win at dinnertime! It's packed with protein so you and your fam will be fuelling like champs. Serve with **Poco Picante Salsa**, **Guacamole**, and sour cream. Grab a cheesy wedge and let's get that W!

INGREDIENTS

- ½ lb (225 g) boneless, skinless chicken breast
- 1 cup tomato sauce
- ½ pkg **Best Ever Chili Seasoning**
- 1 can (14 oz/398 ml) unsalted black beans, drained and rinsed
- 4 medium (6") flour tortillas
- ¾ cup grated cheese, your choice

INSTRUCTIONS

- 1.** Preheat oven to 400° F. Line **Sheet Pan** with **Sheet Pan Liner**.
- 2.** In **Multipurpose** or **Round Steamer**, add chicken breast. Cover; microwave on medium (50% power) 8–9 min, or until cooked through.
- 3.** Meanwhile, in a bowl, combine tomato sauce and seasoning.
- 4.** With two forks, shred chicken. Add beans and use **Ground Meat Separator** to mash. Stir in tomato sauce mixture.
- 5.** Arrange tortillas on pan. Spoon chicken mixture over one-half of each tortilla, then top with cheese. Fold tortillas over filling (they will be full!).
- 6.** Bake 5 min or until cheese melts and tortillas are light golden brown.
- 7.** Transfer quesadillas onto cutting board and slice each in half to serve.

Perfectly Balance Your Plate: Serve with 1 cup sliced veggies.

Per serving: Calories 430, Fat 14 g (Saturated 6 g, Trans 0.2 g), Cholesterol 60 mg, Sodium 560 mg, Carbohydrate 46 g (Fibre 12 g, Sugars 7 g), Protein 30 g.



[Click for the Crispy Chili Chicken recipe](#)

Best Ever Chili Seasoning



- A mild-medium chili seasoning featuring Ancho chilies, cumin, oregano, chili, and cocoa powders.
- Comes together in under 20 minutes and bursts with flavour.
- Best of all, it's versatile! Use your choice of ground meat, canned or fresh tomatoes, and swap out the beans for whatever you have on hand—no fuss, no muss, and always a good choice!
- Top with sour cream, cheddar cheese, and chopped green onions.
- Use fire-roasted canned tomatoes for extra smoky flavour in the chili.
- Add chopped jalapeños for an extra spicy kick.
- Use prepared chili to make enchiladas: stuff the tortillas with prepared chili and top with enchilada sauce and cheese. Bake until hot and the cheese is melted.
- Make chili lasagna. Use prepared chili to layer between lasagna sheets.
- 1 package makes 6 servings.



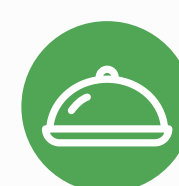
Pizza Pasta Bake



Total Time
25 min



Makes
8 servings



Cost per serving
\$1.79 (CA) • \$1.52 (US)

It's a saucy, cheesy mashup of your favourite pizza and pasta. Perfect for a fun family night in—easy to make and fun to eat! Include some of your family's fave pizza toppings at the dinner table; let them choose what to top their pasta with! Sliced black olives, diced bell peppers, mushrooms or even cooked, crumbled sausage.

INGREDIENTS

- 1 lb (450 g) bite-size pasta, such as penne or rotini, about 4 cups
- 1 brick (8 oz/250 g) light cream cheese, softened
- 1 cup light mayonnaise
- 1 pkg **Pizza Dip Hot Dip Mix**
- 1 cup shredded mozzarella cheese
- 14–16 pepperoni slices

Toppings (optional): **Italian Seasoning**, fresh basil

INSTRUCTIONS

- 1.** Preheat oven to 400° F.
- 2.** In a large pot, cook pasta according to package directions. Reserve $\frac{1}{2}$ cup pasta water, then drain.
- 3.** Meanwhile, in **Sauté Pan**, combine cream cheese, mayo, and hot dip mix. Cover; cook over medium-low heat, stirring frequently, until warm, about 6–7 min.
- 4.** Add warm pasta and $\frac{1}{4}$ cup reserved pasta water to pan; stir until combined. Add more pasta water 1 tbsp at a time as needed. Top with cheese and pepperoni.
- 5.** Transfer pan to oven. Bake 6–8 min, or until cheese is melted. Add toppings, if desired.

TIP The **Sauté Pan** goes from stovetop to oven—if you don't have one, simply transfer the pasta and cream cheese mixture to an oven-proof dish, such as the **Multipurpose Steamer**. Top with pepperoni and cheese, then bake.

Perfectly Balance Your Plate: Serve with 1 cup steamed broccoli or 2 cups spinach—choose higher protein veggies to bump up the protein.

Per serving: Calories 430, Fat 17 g (Saturated 7 g, Trans 0 g), Cholesterol 40 mg, Sodium 560 mg, Carbohydrate 52 g (Fibre 3 g, Sugars 6 g), Protein 15 g.



[Click for the Spaghetti Pizza recipe](#)

Pizza Dip Hot Dip Mix



- Pizza is always a fave and this hot (in temperature) dip will make you a legend at your next get-together. Loaded with layers of cheesy goodness, it's great served with tortilla chips and bread.
- Tastes just like pizza: cheesy, tomatoey, herby, and fragrant!
- Only 4 ingredients needed: cream cheese, mayo, mozzarella cheese, and pepperoni (optional).
- Serve with breadsticks, crackers, chips, or bell peppers for dipping.
- Pizza Dip Grilled Cheese: spread the prepared pizza dip on some bread and add additional cheese if desired. Bake until cheese melts.
- Cheesy Stuffed Mushrooms: add prepared pizza dip to mushroom tops. Bake until mushroom is soft, and cheese has melted.
- Stuff Chicken with prepared pizza dip and bake until chicken is cooked and cheese is bubbly.
- Pizza Dip Pasta: Simply rehydrate the pizza dip, mix with some water and sauté it in olive oil with cooked pasta. Add some cream or broth to make it saucier. Add some parmesan cheese to serve.
- Baked Pizza Egg Bites: Simply mix eggs with pizza dip and some parmesan cheese. Bake in muffin molds until eggs are cooked.
- Use prepared pizza dip to make baked savoury danishes.



Buffalo Wings



Total Time
35 min



Makes
6 servings



Cost per serving
\$1.63 (CA) • \$1.39 (US)

Spicy and saucy finger-licking good wings. Easy to prep, made in minutes, perfect for reheating.

INGREDIENTS

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

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.

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.



[Click for the Buffalo Aioli recipe](#)

Buffalo Seasoning



- A tangy and slightly spicy blend that's always a fan fave.
- Season chicken wings or cauliflower bites.
- Use as a rub for chicken and meat.
- Sprinkle on shrimp, vegetables, eggs, and potato salad.
- Add the seasoning to burger patties for a lil kick.



Cheeseburger Potato Bites

**Total Time**

30 min

**Makes**

24 potato bites

**Cost per serving**

\$1.01 (CA) • \$0.86 (US)

Punt complicated potato skins off the field—these golden bites are the MVP of game-day snacks! No need to mess around with hollowing out potatoes here. This protein-packed touchdown appy is perfect for keeping your energy up when the game goes into overtime. Add extra of your favourite toppings: go the baked potato route with sour cream, chives, and Better Than Bacon Topper, or lean into those cheeseburger cravings with diced pickles, onion, tomato, and more!

INGREDIENTS

- 2 medium Russet potatoes
- 2 tbsp oil
- 1 pkg **Cheeseburger Pasta Seasoning**, divided
- $\frac{3}{4}$ lb (375 g) lean ground beef
- $1\frac{1}{4}$ cups shredded cheddar cheese, divided

Toppings (optional): sour cream, **Better Than Bacon Topper**, sliced green onions, diced pickles, shredded iceberg lettuce

INSTRUCTIONS

- 1.** Preheat oven to 400° F. Line **Sheet Pan** with **Sheet Pan Liner**.
- 2.** Slice potatoes into $\frac{1}{4}$ " coins. In **Multipurpose** or **Round Steamer**, toss

sliced potatoes with oil and 2 tbsp seasoning. Cover; microwave on high 3 min.

3. Arrange potatoes in a single layer on pan. Bake 20 min, flipping halfway, until golden brown and tender.

4. Meanwhile, in same steamer used for the potatoes, combine beef and remaining seasoning. Cover; microwave on high 4–5 min, or until cooked through. Carefully place Multipurpose Tray over ground beef and strain excess liquid. Using **Ground Meat Separator**, break up large chunks of meat. Stir in $\frac{3}{4}$ cup cheese.

5. Top each potato round with ground beef mixture, and sprinkle with remaining $\frac{1}{2}$ cup cheese. Bake 1 min, or until cheese is melted.

6. Before serving, add additional toppings, if desired.

TIP Depending on the size of your Russet potatoes, you may end up with more potato bites. If there are too many bites to arrange in a single layer, separate onto two Sheet Pans.

Per serving (2 bites): Calories 170, Fat 9 g (Saturated 3.5 g, Trans 0.2 g), Cholesterol 25 mg, Sodium 170 mg, Carbohydrate 13 g (Fibre 2 g, Sugars 1 g), Protein 10 g.



[Click for the Cheeseburger Lasagna recipe](#)

Cheeseburger Pasta Seasoning



- A throwback meal made healthier and tastier! Easily cook Cheeseburger Pasta in one pan—a great meal for budding young cooks. Enjoy the comfort of cheesy goodness with minimal cleanup. A win all around!
- Save time & money: Use any bite-sized pasta that's in your pantry.
- Make it your way: Swap ground beef for a different protein.
- Go vegan: Use plant-based crumbles (veggie ground round) versus beef.



Quick Chicken Bites



Total Time

15 min



Makes

4 servings



Cost per serving

\$3.05 (CA) • \$2.64 (US)

Whether you're hosting a laid-back get-together, a kid's birthday party, or a fancy soirée, these little nuggets are an awesome, crowd-pleasing appy. Got surprise guests at your door? These are a breeze to whip up in your air fryer in no time at all!

INGREDIENTS

- 1 lb (450 g) boneless, skinless chicken breasts
- 2 tbsp mayonnaise or plain 2% Greek yogurt
- 1 pkg **Crispy & Crunchy Coating Mix**

INSTRUCTIONS

- 1.** Preheat air fryer to 375° F.
- 2.** Cut chicken breast into 1½" chunks; toss in a bowl with mayonnaise to coat.
- 3.** Place coating mix in a shallow dish. Using tongs or your hands, add chicken one chunk at a time, rotating and pressing to coat.
- 4.** Place in air fryer basket and cook 10 min, or until golden brown and cooked through, turning halfway.

TIPS

- 1.** Serve with **Creamy Ranch Dip** or **Honey Mustard** for dipping.
- 2.** Trick your picky eaters into enjoying something healthier by cutting chicken breast into their favourite fast food nugget shapes before coating and cooking.
- 3.** Don't have an air fryer? Place two **Cooling Racks** on a **Sheet Pan**; lightly brush with oil to prevent sticking. Place chicken on racks in a single layer. Bake in a preheated oven at 425° F for 15 min, or until chicken reaches an internal temperature of 165° F.

Per serving: Calories 240, Fat 9 g (Saturated 2 g, Trans 0 g), Cholesterol 70 mg, Sodium 370 mg, Carbohydrate 14 g (Fibre 0 g, Sugars 1 g), Protein 25 g.



[Click for the Crispy & Crunchy Tofu Bites recipe](#)

Crispy & Crunchy Coating Mix



- Craving the crunch? Add a crispy gluten free coating – that’s never soggy or bland – to protein and veggies and bake them in the oven. You’ll get all the taste of your fave fried foods without a trace of greasiness, so you can enjoy them whenever the craving strikes!
- A family-friendly, multipurpose blend with notes of onion, garlic & smoked paprika.
- Coating mix bakes to a satisfying crunch. No funny aftertaste like most GF breading products.
- No need to measure and mix. Lightly coat food with mayo or yogurt, then press in crumb coating.
- Try on chicken breasts, thighs, or nuggets.
- Make crispy shrimp, salmon or cod fillets or coat pork chops.
- Coat tofu cubes or broccoli or cauliflower fillets.
- One package seasons up to 16 chicken strips.



English Muffin Pizzas



Total Time
17 min



Makes
4 servings



Cost per serving
\$2.25 (CA) • \$2.00 (US)

We're throwing a pizza party and the whole family's invited! English muffin pizzas are a fun, easy way to give new life to leftovers. They're great for school lunch upgrades—your kids won't be bringing these back in their lunchboxes, guaranteed—or dinner in a dash, when life gets hectic. Recruit your tiny chefs to help assemble and create their own mini pizza masterpieces!

INGREDIENTS

- 4 English muffins
- 8 **Italian Meatballs**
- ½ cup **Rosée Sauce** or **Marinara Sauce**
- ½ cup shredded cheese, your choice

INSTRUCTIONS

- 1.** Preheat oven to 400° F. Line **Sheet Pan** with **Sheet Pan Liner**.
- 2.** Split muffins and arrange halves, cut side up, on pan. Lightly brush with oil. Bake 4 min, or until muffin halves are just starting to turn golden.
- 3.** Meanwhile, slice meatballs into quarters.
- 4.** Spread 1 tbsp sauce over each muffin half and sprinkle each with 1 tbsp cheese. Arrange 4 meatball quarters over each muffin.
- 5.** Bake 10 min, until cheese is melted and muffins are browned on the edges.

Perfectly Balance Your Plate: Serve with 2 cups leafy greens and 1 tbsp Epicure Dressing.

Per serving (2 pizzas): Calories 340, Fat 13 g (Saturated 0 g, Trans 0.4 g), Cholesterol 75 mg, Sodium 570 mg, Carbohydrate 34 g (Fibre 0 g, Sugars 3 g), Protein 22 g.



[Click for the Chicken Parm Sandwiches recipe](#)

Italian Meatball Seasoning

- You've gotta love a juicy meatball! Our gluten free blends makes perfectly shaped, moist meatballs that are the perfect partners for spaghetti and marinara sauce, stuffed into sandwiches, smashed onto pizza, or added to soup. Make a big batch and freeze them to use whenever your meatball craving strikes!



- A signature Italian dish adored by almost everyone for its comforting simplicity and flavour-packed appeal, featuring notes of garlic, onion, oregano, and basil.

- Our Italian Meatball blend is made with a good dose of black pepper. They're not spicy but have a warming undertone.
- The blend features gluten free rice breading. This acts like breadcrumbs and makes the meatballs incredibly tender, bursting at the touch of your fork!
- Make your meatballs with 1 lb each lean ground beef and ground pork. Beef brings a flavour intensity that's robust, while pork lends a slightly sweeter and richer taste. Together they create a juicy meatball that's firm, yet tender. The pork has a higher fat content which helps keep the meatballs moist during cooking.
- Moisten hands with cold water before shaping meatballs – that way they're less sticky and easier to form.
- Adding cheese to the recipe is optional.
- Mix dry blend with melted butter; sprinkle over Mac & Cheese or your favourite casserole.
- Add the dry blend to burgers or meatloaf.
- Use the blend as a GF breading mix. Coat chicken, fish, or pork chops before baking.
- 1 recipe makes 32 meatballs.



Sugar Cookie Bars



Total Time
1 h 25 min



Makes
16 servings



Cost per serving
\$0.56 (CA) • \$0.48 (US)

Same delicious, gluten-free sugar cookies as always, but we're breaking the cookie mould and streamlining things a bit. Skip the rolling and cutting but keep the holiday flair by adding festive sprinkles. This recipe a great option if you don't have any cookie cutters, or if you're just looking to raise the "bar" on your cookie game.

INGREDIENTS

- 1 pkg **Sugar Cookie Mix**
- ½ cup + 3 tbsp unsalted butter, softened, divided
- 1 egg
- 1½ tsp vanilla extract, divided
- 1 cup icing sugar
- ½ tbsp milk, your choice
- ½ tsp lemon juice
- 2 tbsp sprinkles, your choice, optional

INSTRUCTIONS

1. Preheat oven to 375° F. Lightly oil **Square Steamer**.

2. In a large bowl, using a stand mixer (with paddle attachment) or hand mixer on low speed, beat mix with ½ cup butter, egg, and 1 tsp vanilla until a uniform dough forms.

3. Press batter into Steamer. Using the bottom of a drinking glass or a small rolling pin, flatten and smooth top. Bake 15 min or until edges are golden. Place Steamer on **Cooling Rack** and let cool completely, about 1 hr.

4. Meanwhile, in a medium bowl, beat remaining 3 tbsp butter, remaining ½ tsp vanilla, icing sugar, milk, and lemon juice on medium speed until combined, scraping down the sides as needed.

5. Spread icing over cooled cookies and add sprinkles, if desired. Carefully slice into 16 bars to serve.

TIPS

1. To slice bars, use a butter knife, thin spatula, or flipper to avoid damaging the silicone steamer.
2. Short on time? Use ½ cup store-bought buttercream icing.

Per serving: Calories 170, Fat 9 g (Saturated 5 g, Trans 0.5 g), Cholesterol 35 mg, Sodium 10 mg, Carbohydrate 23 g (Fibre 0 g, Sugars 13 g), Protein 1 g.



[Click for the Candy Cane Cookies recipe](#)

Sugar Cookie Mix



- Sweet sugar cookies with a hint of vanilla and a slightly tender and chewy crumb.
- Designed for rolling and cutting into shapes, whip these up using only one bowl and three simple ingredients: butter, egg, and vanilla extract.
- Make them extra special by throwing in some citrus zest, dipping them in chocolate, or taking them beyond the cookie jar and using the dough as a crust for dessert bars.
- Chill out: the dough is soft when freshly mixed. Chilling is required for easier handling and keeping its shape. Forming the dough into two disks allows for time to work with the cool dough while the other can stay in the fridge until ready (prevents the dough from warming up).
- The recipe yields approximately 24 cookies, but the number of cookies is dependent on the size of the cookie cutter.
- Works on both Epicure's Sheet Pan Liner and parchment paper. Time to bake varies a little (the liner takes a little longer to bake).

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