



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 **TWO** exclusive, never-before-seen products into the box!



December Epic Box Contents

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

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Lighten Up Carbonara

15 min | 6 servings | 1.32 CA / 1.12 US per serving

Creamy carbonara, reinvented! Say goodbye to heavy cream and hello to light, fresh Greek yogurt. Harness mess-free bacon by microwaving strips in the Multipurpose Steamer. All the grease is trapped in the bottom, so clean-up is a breeze.

Ingredients

¾ lb (340 g) uncooked spaghetti or linguine noodles
4 slices low-sodium bacon
2 cups frozen peas
2 eggs
½ pkg **Italian Meatball Seasoning**
½ cup plain 2% Greek yogurt

Instructions

1. Cook noodles in a large pot according to package directions. Drain, reserving 1 cup pasta water. Return spaghetti to pot over low heat.
2. Meanwhile, lay bacon over Multipurpose Tray in **Multipurpose Steamer**. Cover and microwave on high 4–5 min, or until crispy.
3. Chop bacon. Stir chopped bacon and peas into drained noodles.
4. In medium bowl, whisk reserved pasta water, eggs, seasoning, and yogurt to combine.
5. Slowly pour egg mixture over noodles and toss to combine. Heat until just warmed through. Be careful not to overcook to avoid scrambling the eggs. Serve immediately.

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

Per serving: Calories 380, Fat 10 g (Saturated 1 g, Trans 0 g), Cholesterol 65 mg, Sodium 350 mg, Carbohydrate 56 g (Fibre 5 g, Sugars 5 g), Protein 17 g.

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Italian Meatball Seasoning

- Juicy, tender meatballs with classic Italian herbs, like oregano, parsley, basil and thyme.
- Just mix seasoning with ground meat, an egg, and milk—it's that easy!
- 1 bag makes 32 meatballs—great for meal prepping!
- Gluten free and dairy free blend.
- Use prepared meatballs in spaghetti; subs, sliders, and sandwiches; soups; baked ziti and other casseroles; and more—the possibilities are endless!
- Vegan swap! Mix 2 lbs of steamed, mashed eggplant with the blend and 2 eggs, then just roll 'em up and bake 'em.
- Super versatile blend—use it as a breading for chicken or eggplant parm, pork chops, or baked dish.
- Crispy coating for baked mac & cheese, roasted veg, and bruschetta.
- Filling for hamburger patties.
- Combine blend with softened cream cheese, then stuff mushroom caps for a fun appy!





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



SMASHED BROCCOLI



ONE POT PASTA

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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.

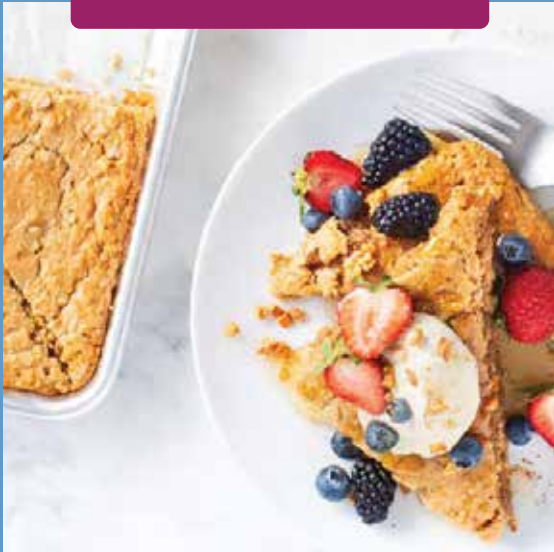
BACON & CHEDDAR WAFFLES



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.



BROCCOLI CHEDDAR CHICKEN CASSEROLE



TURKEY STUFFING



CREAMY SLOW COOKER CHICKEN

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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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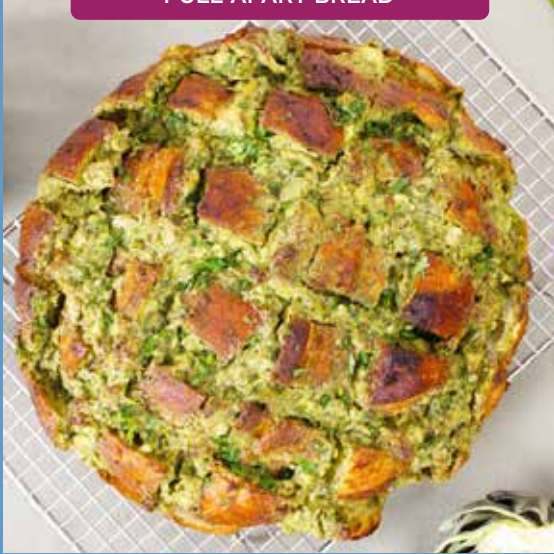
Spinach & Artichoke Hot Dip Mix

- 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 tingly 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

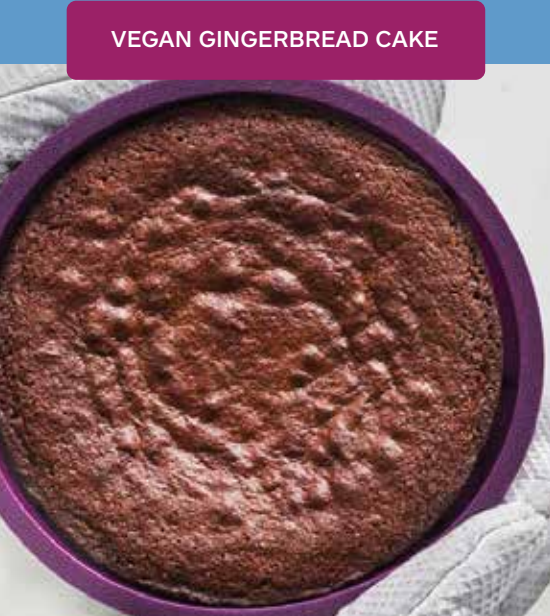
- Classic, gluten free and low sugar blend for all your festive baking!
- Traditional aromas of ginger, cinnamon, and clove come together to make a classic gingerbread blend.
- No oven needed for a 5-minute cake!
- 1 bag makes a cake with up to 12 servings.
- Make cakes or muffins, or try it as a base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



GINGERBREAD CAKE



GINGERBREAD CARAMEL CAKE



VEGAN GINGERBREAD CAKE

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