



# Salad Daze

**Let's get fresh! Get down with greens this month in the June Epic Box.**

Kick off gardening season with a full serving of veggies in every meal, and dishes that'll have you feeling great. Light, fresh, and crunchy, veggies are anything but boring when you have the right tools.

**E P I C U R E™**



# June Epic Box Contents

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

NEW

EXCLUSIVE



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# Green Goddess Salad



**Total Time**  
15 min



**Makes**  
8 cups



**Cost per serving**  
\$1.09 (CA) | \$0.93 (US)

Go green! This is our take on the unexpectedly delicious FoodTok sensation. Best part? The salad doubles as a dip, so grab some tortilla chips and dunk your way to a full serving of veg. Chop the veggies up small for maximum “dip-ability”! It’s a great way to add some green to picnics or pool parties this summer.

## INGREDIENTS

- 2 green onions
- 1 English cucumber
- ½ head small green cabbage
- 1 cup prepared **Super Greens Pesto**

## INSTRUCTIONS

- 1.** Chop green onions. Dice cucumber and cabbage; place in a very large bowl. Toss with pesto until well combined.
- 2.** Serve with chips for dunking, as a side salad, or as a sandwich filling.

**TIP** Slash prep time and use a food processor to dice the veggies.

**Per serving (1 cup):** Calories 170, Fat 15 g (Saturated 2.5 g, Trans 0 g), Cholesterol 0 mg, Sodium 115 mg, Carbohydrate 8 g (Fibre 3 g, Sugars 3 g), Protein 3 g.





# Super Green Pesto Seasoning



- Fresh, herby, fragrant, and peppery with notes of basil and Parmesan.
- Kid-friendly.
- Prepared sauce is packed with nutrients, fibre, antioxidants, and vitamins, combining healthy fats with fresh green vegetables.
- Customizable. Nut-free? No problem. Swap for sunflower or pumpkin seeds in the recipe.
- Use greens of your choice—check for sales at the grocery store! Prepare pesto with spinach, arugula or kale.
- Use pesto as a pasta sauce, dip, or a spread. Drizzle it on grilled chicken, fish, and pork.
- Pesto keeps for up to five days in the fridge.
- 1 package makes 1 cup of pesto.

[Click for the Pesto Chicken Salad recipe](#)





# Tamari Chicken Lettuce Wraps



**Total Time**  
18 min



**Makes**  
4 servings



**Cost per serving**  
\$2.89 (CA) | \$2.46 (US)

## INGREDIENTS

- 1 pkg **Chicken Fried Rice Seasoning**
- 2 tbsp low-sodium soy sauce
- 2 tbsp water
- 1 tbsp oil
- 1 lb (450 g) ground chicken
- 1 small zucchini
- 2 cups sliced mushrooms
- 1 cup matchstick carrots
- 16 lettuce leaves, about 1 head

**Toppings (optional):** hoisin sauce, hot sauce.

## INSTRUCTIONS

- 1.** In a small bowl, whisk together seasoning, soy sauce, and water.
- 2.** In **Wok**, heat oil over medium-high heat. Add chicken and seasoning mixture, using **Ground Meat Separator** to break up chunks; stir-fry until browned, about 4 min.
- 3.** Meanwhile, dice zucchini and coarsely chop mushrooms. Add zucchini, mushrooms, and carrots to wok. Stir-fry 4 min, or until chicken has cooked through and veggies have softened.
- 4.** To assemble, make eight stacks of two lettuce leaves. Top each stack with about  $\frac{1}{2}$  cup of chicken and veggie filling. Drizzle with toppings, if desired.

**Perfectly balance your plate:** Serve with 1 cup rice.

**TIP** For added crunch, swap zucchini for 1 can (8 oz/227 g) whole water chestnuts, drained and diced.

**Per serving (1 cup):** Calories 170, Fat 15 g (Saturated 2.5 g, Trans 0 g), Cholesterol 0 mg, Sodium 115 mg, Carbohydrate 8 g (Fibre 3 g, Sugars 3 g), Protein 3 g.





# Chicken Fried Rice Seasoning



- Say goodbye to plain white rice—kick it up a notch!
- Notes of garlic, ginger, chives, and chillies.
- Customize your fried rice recipe with chicken, beef, shrimp, pork, or cubed tofu.
- The secret to good fried rice is day-old or refrigerated rice. Freshly made rice will be clumpy and won't crisp as well.
- Pair with Wok—sloped sides make it easy to stir-fry and ensure each grain gets crispy.
- Use blend as a seasoning for soups, burgers, or meatballs.
- 1 package makes 6 cups of fried rice.

[Click for the Fried Rice Burrito Casserole recipe](#)





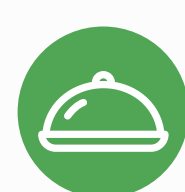
# Sheet Pan Mediterranean Chops



**Total Time**  
35 min



**Makes**  
4 servings



**Cost per serving**  
\$3.95 (CA) | \$3.12 (US)

## INGREDIENTS

- 1 can (14 oz/398 ml) chickpeas
- 1 zucchini
- 1 sweet potato or yam (about ½ lb/225 g), peeled
- 1 ½ tbsp oil, divided
- 1 pkg **Chicken Souvlaki Seasoning**, divided
- 4 pork loin centre chops (about 2.2 lbs/1 kg)

## INSTRUCTIONS

- 1.** Preheat oven to 425°F. Line **Sheet Pan** with **Sheet Pan Liner**.
- 2.** Drain and rinse chickpeas, pat dry. Place on pan.
- 3.** Slice zucchini on the diagonal. Cut peeled sweet potato in half lengthwise; thinly slice halves. Place on pan with chickpeas. Coat with 1 tbsp oil and ½ pkg seasoning; spread out in a single layer on pan.
- 4.** Coat chops with remaining oil and seasoning. Arrange on top of veggies.
- 5.** Roast, without stirring, until pork is cooked through, about 30 minutes.

**Perfectly balance your plate:** Serve with 1 cup sliced veggies, your choice.

**TIPS | 1** Prep all the ingredients while the oven preheats then pop it into the oven and bake everything at once.

**2** Swap pork for boneless, skinless chicken breasts or tofu steaks.

**Per serving (1 cup):** Calories 440, Fat 19 g (Saturated 4 g, Trans 0 g), Cholesterol 30 mg, Sodium 330 g, Carbohydrate 29 g (Fibre 7 g, Sugars 5 g), Protein 38 g.





# Chicken Souvlaki Seasoning



- Classic Mediterranean flavours the whole family will love: garlic, oregano, mint and lemon.
- Serve your souvlaki with warm pita bread and tzatziki sauce.
- Put your Sheet Pan to work—you'll have tasty souvlaki in 20 minutes in the oven.
- Swap chicken for shrimp, beef, tofu, or extra veggies.
- Use as a marinade for grilled or oven roasted chicken.
- Try it as a seasoning for Mediterranean meatballs.

[Click for the Mediterranean Meatballs Power Bowl recipe](#)





# Summer Chickpea Lettuce Wraps



**Total Time**  
20 min



**Makes**  
4 servings



**Cost per serving**  
\$3.98 (CA) | \$3.38 (US)

## INGREDIENTS

- 2 cans (19 oz/540 ml each) unsalted chickpeas
- 1 pkg **Crispy & Crunchy Lettuce Wrap Seasoning**
- 1 tbsp oil
- 1 lemon
- 1 bell pepper
- ¼ small red onion
- 16 lettuce leaves, about 1 small head
- ½ cup crumbled goat or feta cheese

## INSTRUCTIONS

- 1.** Drain and rinse chickpeas; place in a large bowl. Add seasoning; stir to combine.
- 2.** In **Sauté Pan**, heat oil over medium-high heat. Add chickpea mixture; cook, stirring occasionally, until heated through, about 6 min. Remove from heat. Slice lemon in half. Squeeze in juice; stir to combine.
- 3.** Dice pepper and onion.
- 4.** To assemble, make eight stacks of two lettuce leaves. Add about ½ cup chickpea and seasoning mixture to each stack. Top with peppers, onion, and cheese.

**Per serving (1 cup):** Calories 410, Fat 10 g (Saturated 3 g, Trans 0 g), Cholesterol 10 mg, Sodium 260 mg, Carbohydrate 56 g (Fibre 13 g, Sugars 5 g), Protein 21 g.





# Crispy & Crunchy Lettuce Wrap Seasoning



- Flavourful notes of garlic and ginger with a touch of heat.
- Customize your lettuce wraps! Make with tofu, ground chicken, or ground beef.
- 1 package makes 8 lettuce wraps.

[Click for the the Ground Beef Udon Noodle Stir Fry recipe](#)





# Greek Chicken Orzo Salad



## Total Time

20 min



## Makes

12 servings



## Cost per serving

\$1.98 (CA) | \$1.68 (US)

Carry some Mediterranean vibes in your picnic basket for your next potluck or summer gathering. This is a big batch recipe that's a breeze to make ahead of time. For even more flavour, use your favourite Epicure Dressing to marinate the chicken before grilling—we love **Greek** or **Balsamic Dressing**.

## INGREDIENTS

- 1 lb (450 g) boneless, skinless chicken breasts
- Sea salt & black pepper, to taste
- 2 cups uncooked orzo
- ⅓ cup mayonnaise
- 1 tbsp **Dilly Honey Mustard Dressing Mix**
- 1 tbsp apple cider vinegar
- 1 tbsp liquid honey
- 1 English cucumber
- 7 oz (200 g) feta, drained
- 1 pint cherry tomatoes
- ½ cup pitted Kalamata olives

## INSTRUCTIONS

**1.** Preheat grill to medium-high heat. Brush with oil to prevent sticking.

**2.** Using a paper towel, pat chicken dry. Season with salt and pepper. Grill, with lid closed, 12–14 min, flipping halfway, or until cooked through. Transfer to a cutting board; let rest 2–3 min, then chop into bite-sized pieces.

**3.** Meanwhile, in a large pot, cook orzo in boiling water until tender. Rinse under cold water and drain well.

**4.** In a large bowl, whisk together mayo, dressing mix, vinegar, and honey.

**5.** Dice cucumber. Chop feta into small cubes. Slice cherry tomatoes in half.

**6.** To bowl with dressing, add chicken, orzo, veggies, feta, and olives. Toss to combine.

**TIPS 1** To cook chicken on the stovetop instead of the grill, heat 1 tbsp oil a large, nonstick frying pan over medium-high heat. Add chicken; cook 8 min, flip, then cover and cook 6 min, or until chicken is cooked through. Chicken breasts vary in thickness. To test for doneness, insert an instant-read thermometer into the thickest part of the breast; it should register at 165° F.

**2** If making ahead, cover and refrigerate for up to 4 days.

**Per serving (1 cup):** Calories 200, Fat 11 g (Saturated 3.5 g, Trans 0 g), Cholesterol 45 mg, Sodium 320 mg, Carbohydrate 12 g (Fibre 1 g, Sugars 4 g), Protein 12 g.





# Dilly Honey Mustard Dressing Mix



- Inspired by the honey dill sauce that is unique to Manitoba, Canada as well as the Keg's Honey Dill Dressing.
- Dairy-free yet super creamy.
- Whole lot of dill flavour, a touch of honey and a slight tang from apple cider vinegar.
- Drizzle over salads and nourish bowls or use it as a dip or sauce.
- No sodium. Inactive nutritional yeast provides umami and a delicious taste without adding salt.
- Each jar makes 6 cups—each recipe yields approximately 1 cup.

[Click for the Spanakopita Pasta recipe](#)





# Sweet & Sour Rice Bowl



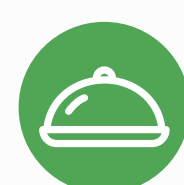
**Total Time**

20 min



**Makes**

4 servings



**Cost per serving**

\$3.81 (CA) | \$3.24 (US)

## INGREDIENTS

- 1 cup uncooked white rice
- 2  $\frac{1}{4}$  cups water, divided
- 1 pkg **Sweet & Sour Stir-Fry Seasoning**
- 2 tbsp oil, divided
- 4 cups sliced mushrooms
- 2 tbsp low-sodium soy sauce
- $\frac{1}{2}$  lb (225 g) ground turkey
- 4 eggs
- $\frac{1}{2}$  English cucumber
- 1 cup matchstick carrots

## INSTRUCTIONS

**1.** In **Multipurpose Steamer**, combine rice and 2 cups water. Top with tray; microwave uncovered on high for about 16–18 min, or until tender.

**2.** Meanwhile, in a bowl, combine seasoning and remaining  $\frac{1}{4}$  cup water. Set aside.

**3.** In **Wok**, heat  $\frac{1}{2}$  tbsp oil over medium-high heat. Add mushrooms and soy sauce. Stir-fry 3–4 min, or until softened. Remove from pan and set aside.

**4.** In same (unwashed) wok, heat  $\frac{1}{2}$  tbsp oil. Add turkey and stir-fry 2 min. Add reserved seasoning mixture, stirring to combine. Cover and simmer on low heat until turkey is cooked through, 1 min. Remove from wok and set aside.

**5.** Using a damp cloth or paper towel, gently wipe down wok. In two batches, heat remaining oil over medium heat and gently crack in two eggs per batch. Cover and cook until egg whites are set, about 2–3 min. Repeat with remaining two eggs for second batch.

**6.** Dice cucumber.

**7.** Divide rice, mushrooms, turkey, cucumber, and carrots between four bowls. Top each bowl with one egg. Add toppings, if desired.

### TIPS

**1** As the cooked mushrooms sit, they release liquid. For extra umami flavour, add the liquid to the turkey while it's cooking.

**2** Using leftover rice? Give it a quick stir-fry before plating; the extra, crispy bits are delicious!

**Per serving (1 cup):** Calories 470, Fat 18 g (Saturated 3.5 g, Trans 0.1 g), Cholesterol 285 mg, Sodium 430 mg, Carbohydrate 51 g (Fibre 4 g, Sugars 5 g), Protein 27 g.





# Sweet & Sour Stir-Fry Seasoning



- Flavours of chives, garlic and ginger.
- Easy stir-fry that takes just 20 minutes to make.
- Use chicken, pork, tofu or tempeh to customize to your family's needs.
- Swap for your favourite veggies.
- 1 package makes 4 servings.

[Click for the Sweet & Sour  
Grilled Salmon recipe](#)





# Citrus Lime Cheesecake Tarts



**Total Time**  
20 min



**Makes**  
24 servings



**Cost per serving**  
\$0.71 (CA) | \$0.60 (US)

## INGREDIENTS

- 24 frozen tart shells (3")
- 1 brick (8 oz/250 g) cream cheese, room temperature
- 1 pkg **Citrus Lime No-Bake Cheesecake Mix**
- 1 lime
- 1½ cups whipping cream

## INSTRUCTIONS

1. Preheat oven to 375° F.
2. Place tart shells on **Sheet Pan**. Bake 10–12 min, or until golden.
3. Let cool slightly. Remove tarts from foil cups.
4. Meanwhile, using a stand mixer or hand mixer, beat cream cheese with mix on medium-high speed until smooth. Scrape the sides of the bowl.
5. Using a box grater or microplane, finely grate lime zest, if desired, and stir into cream cheese mixture. Squeeze in juice from zested lime.
6. Gradually add cream, whipping until soft peaks form.
7. Using a pastry bag, fill prebaked, cooled tart shells with cheesecake filling. Chill until ready to serve.

**TIP** You can use mini tart shells to make mini tarts for a bite-size dessert. This recipe makes enough filling for 48 mini tarts.

**Per serving (1 cup):** Calories 200, Fat 14 g (Saturated 7 g, Trans 0 g), Cholesterol 30 mg, Sodium 135 mg, Carbohydrate 16 g (Fibre 1 g, Sugars 6 g), Protein 2 g.





# Citrus Lime No-Bake Cheesecake Mix



- Velvety cheesecake with a balanced medley of tangy, tart, and sweet.
- A sugar-conscious, no-bake dessert. Just set it & forgot it in the freezer.
- 1 package makes a cheesecake with 10 servings.

[Click for the Citrus Lime No Bake Cheesecake Petites recipe](#)





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