



E P I C U R E™

SHEET PAN MEALS

FOR THE SHEET PAN MEALS 5-PACK



SHEET PAN MEALS

DIGITAL RECIPE GUIDE with **BONUS RECIPES**



A simple **Sheet Pan** is a cooking tool marvel when it comes to big-batch dinners and easy cleanups. It allows you to get creative and experiment with different dishes that wouldn't normally strike you as a weeknight dinner win.

This recipe guide is full of fun dishes that will leave you wanting more.
Try Philly-Style Cheesesteak, Crispy and Crunchy Tofu Bites,
or Taste the Tropics Shrimp.

Your recipe guide includes a premade grocery list, swap options, perfectly balanced plate suggestions, and pro tips throughout.

After you're done with these recipes, you'll be saying "no" to a sink full of pots and pans, and a big fat "YES!" to the beloved **Sheet Pan** meals.

COOKWARE

Meal planning and food prep can be easy with the right tools. The **Sheet Pan** and **Sheet Pan Liner** pair perfectly with this collection and will help you cook faster, easier, and with minimal cleanup.

SHEET PAN

- An all-purpose baking sheet made from a single piece of aluminium, with one-inch rim.
- Use for baking, roasting, or as a tool to catch spillovers from other dishes when baking in the oven.
- Evenly holds and distributes heat. Durable, but lightweight!
- Rolled edges make for easy gripping.

CARE & STORAGE:

- Freezer and oven safe.
- Hand wash recommended. Wash before initial use.

SHEET PAN LINER

- Flexible, reusable, non-stick silicone baking mat.
- Lipped edge ensures no spillovers.
- A match made in kitchen heaven: custom fit for the **Sheet Pan**.
- Heat stable up to 450° F.

CARE & STORAGE:

- Freezer and oven safe.
- Hand wash recommended. Wash before initial use.



GROCERY LIST

PRODUCE

- ☐ **3 bell peppers:**
 - 2 (Philly-Style Cheesesteak)
 - 1 (Tropical Pineapple Chicken)
- ☐ **3 small sweet potatoes** (Sweet Garlic Chicken)
Swap: Yukon Gold or Russet potatoes
- ☐ **2 small onions:**
 - 1 red (Tropical Pineapple Chicken)
 - 1 yellow (Philly-Style Cheesesteak)
- ☐ **3 cups sliced mushrooms**, about 2 packs (7 oz/200 g each) (Philly-Style Cheesesteak)
- ☐ **2 cups sugar snap peas** (Tropical Pineapple Chicken)

PANTRY STAPLES

- ☐ **Oil:**
 - 2 tbsp, preferably coconut (Tropical Pineapple Chicken)
 - 1 tbsp (Philly-Style Cheesesteak)
 - 1 tbsp (Southern Baked Chicken)
 - 1 tbsp (Sweet Garlic Chicken)
- ☐ **1 can (14 oz/398 ml) pineapple chunks**, in juice (Tropical Pineapple Chicken)
- ☐ **2 tbsp mayonnaise** (Crispy & Crunchy Chicken Strips) | *Swap: 2% plain Greek yogurt*

PROTEIN

- ☐ **2 lbs (900 g) boneless, skinless chicken breasts**, about 4 breasts (Southern Baked Chicken)
- ☐ **2 lbs (900 g) boneless, skinless chicken breast fillets**, about 32 pieces:
 - 1 lb/450 g (Crispy & Crunchy Chicken Strips)
 - 1 lb/450 g (Tropical Pineapple Chicken)
- ☐ **1 lb (450 g) boneless, skinless chicken thighs** (Sweet Garlic Chicken) | *Swap: 1 lb (450 g) medium-firm tofu*
- ☐ **1 lb (450 g) thinly sliced beef strips** (Philly-Style Cheesesteak)

DAIRY

- ☐ **1 cup shredded mozzarella** (Philly-Style Cheesesteak) | *Swap: provolone cheese*

BAKERY

- ☐ **6 hoagie rolls** (Philly-Style Cheesesteak)
Swap: mini sub buns or hot dog buns

PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week, add leafy greens, coleslaw, potatoes, and grains such as rice or quinoa.



SWEET GARLIC CHICKEN



MAKE IT VEGAN: Replace chicken with 1 lb (450 g) medium-firm tofu, cubed.

 **TOTAL TIME:** 20 min

 **4 SERVINGS**

 **\$3.20 CA/\$2.72 US PER SERVING**

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 2 cups leafy green salad and 1 tbsp **Epicure Salad Dressing**, your choice.

INGREDIENTS

- 3 small sweet potatoes
- 1 tbsp oil
- 1 lb (450 g) boneless, skinless chicken thighs
- 1 pkg **Sweet Garlic Chicken Seasoning**

NUTRITIONAL INFO

Per serving: Calories 300, Fat 8 g (Saturated 1 g, Trans 0 g), Cholesterol 90 mg, Sodium 450 mg, Carbohydrate 31 g (Fibre 4 g, Sugars 10 g), Protein 25 g.

INSTRUCTIONS

1. Preheat oven to 450° F. Line **Sheet Pan** with **Sheet Pan Liner**.
2. Meanwhile, cut sweet potatoes into small cubes; you should have about 3 cups.
3. In a large bowl, add sweet potatoes, oil, chicken, and seasoning. Toss until well coated.
4. Arrange chicken and sweet potatoes on Sheet Pan. Roast 16–18 min, or until cooked through.

CRISPY & CRUNCHY CHICKEN STRIPS



TIP: Coat chicken with your favourite **Epicure Dip** instead of mayo for extra flavour.

TIP: For an extra-crispy coating, spray coated chicken with oil before baking. Do not spray over **Sheet Pan Liner**.

 **TOTAL TIME:** 25–30 min  **4 SERVINGS**  **\$2.24 CA/\$1.90 US PER SERVING**

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 2 cups leafy greens, 1 tbsp favourite **Epicure Salad Dressing**, and ½ cup cooked grains, your choice.

INGREDIENTS

- 1 lb (450 g) chicken breast fillets, about 16 pieces
- 2 tbsp mayonnaise or 2% plain Greek yogurt
- 1 pkg **Crispy & Crunchy Coating Mix**

NUTRITIONAL INFO

Per serving: Calories 230, Fat 8 g (Saturated 1.5 g, Trans 0 g), Cholesterol 65 mg, Sodium 360 mg, Carbohydrate 13 g (Fibre 0 g, Sugars 1 g), Protein 24 g.

INSTRUCTIONS

1. Preheat oven to 425° F. Place two **Cooling Racks** on **Sheet Pan** lined with **Sheet Pan Liner**; lightly brush racks with oil to prevent sticking.
2. In a bowl, add chicken and mayo; toss to coat.
3. Place coating mix in a shallow dish. Using tongs or your hands, add chicken one piece at a time, rotating and pressing to coat.
4. Place chicken on racks, leaving some space between each piece. Bake 18–20 min or until golden and cooked through.

SOUTHERN BAKED CHICKEN



TIP: For extra flavour, coat chicken pieces with your favourite prepared **Epicure Dip**, then coat with crumb mixture.

 **TOTAL TIME:** 20 min

 **8 SERVINGS**

 **\$2.01 CA/\$1.59 US PER SERVING**

MAKE IT A PERFECTLY BALANCED PLATE: Serve with ½ cup mashed potatoes and 1½ cups mixed greens or coleslaw with 2 tbsp **Epicure Salad Dressing**, your choice.

INGREDIENTS

- 2 lbs (900 g) boneless, skinless chicken breasts
- 1 tbsp oil
- 1 pkg **Southern Baked Gluten Free Crumb Mix**

NUTRITIONAL INFO

Per serving: Calories 170, Fat 5 g (Saturated 1 g, Trans 0 g), Cholesterol 65 mg, Sodium 310 mg, Carbohydrate 6 g (Fibre 3 g, Sugars 0 g), Protein 24 g.

INSTRUCTIONS

1. Preheat oven to 400° F.
2. Meanwhile, cut chicken into pieces. Coat chicken with oil. Place crumb mix in a resealable plastic bag.
3. Add one piece of chicken at a time, shaking gently until evenly coated. Place on a **Sheet Pan** lined with a **Sheet Pan Liner**.
4. Bake in preheated oven for 15-17 min or until cooked through.

PHILLY-STYLE CHEESESTEAK

TIP: Hoagie rolls are long, flat buns. Swap in mini sub buns or hot dog buns.



 **TOTAL TIME:** 20 min

 **6 SERVINGS**

 **\$3.79 CA/\$3.22 US PER SERVING**

MAKE IT A PERFECTLY BALANCED PLATE: This is a perfectly balanced plate.

INGREDIENTS

- 2 bell peppers
- 1 small yellow onion
- 1 lb (450 g) thinly sliced beef strips
- 3 cups sliced mushrooms
- 1 tbsp oil
- 1 pkg **Philly-Style Cheesesteak Seasoning**
- 1 cup shredded mozzarella or provolone cheese
- 6 hoagie rolls, toasted

NUTRITIONAL INFO

Per serving (1 hoagie): Calories 450, Fat 19 g (Saturated 7 g, Trans 0 g), Cholesterol 45 mg, Sodium 400 mg, Carbohydrate 45 g (Fibre 5 g, Sugars 6 g), Protein 23 g.

INSTRUCTIONS

1. Preheat oven 375° F. Line **Sheet Pan** with **Sheet Pan Liner**.
2. Slice peppers and thinly slice onion. In a large bowl, combine peppers, onion, beef, mushrooms, oil, and seasoning. Toss until well coated.
3. Arrange in a single layer on pan as best you can. Roast for 15 min.
4. Remove from oven; sprinkle with cheese. Place back in oven and roast 2 min or until cheese melts.
5. Serve in hoagie rolls.

TROPICAL PINEAPPLE CHICKEN



TOTAL TIME: 20 min



4 SERVINGS



\$4.87 CA/\$4.14 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup rice or quinoa.

INGREDIENTS

1 bell pepper
1 small red onion
1 lb (450 g) boneless, skinless chicken breast fillets
2 cups sugar snap peas
1 can (14 oz/398 ml) pineapple chunks in juice
2 tbsp melted coconut oil
1 pkg **Tropical Pineapple Chicken Seasoning**
Toppings (optional): fresh lime juice

NUTRITIONAL INFO

Per serving: Calories 340, Fat 11 g (Saturated 8 g, Trans 0 g), Cholesterol 65 mg, Sodium 500 mg, Carbohydrate 30 g (Fibre 5 g, Sugars 19 g), Protein 30 g.

INSTRUCTIONS

1. Preheat oven to 425° F. Line **Sheet Pan** with **Sheet Pan Liner**.
2. Slice pepper and onion. In a large bowl, combine pepper, onion, chicken, snap peas, pineapple chunks (including juice), coconut oil, and seasoning. Toss until well coated.
3. Arrange in a single layer on pan as best you can. Roast, 16 min, or until chicken is cooked through.
4. Finish with a squeeze of fresh lime, if desired.

SWEET ‘N STICKY SALMON

TIP: Don't discard any outer leaves that fall away as you cut your brussels sprouts—they turn into crispy chips in the oven.



TOTAL TIME: 20 min



4 SERVINGS



\$3.58 CA/\$3.04 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with ½ cup quinoa or rice.

INGREDIENTS

- 1 lb (450 g) salmon fillet, about 1" thick
- 1 lb (450 g) brussels sprouts, about 20–25
- 1 lime, halved
- 1 pkg **Sweet Garlic Chicken Seasoning**
- 3 tbsp honey or maple syrup
- 1 tbsp low-sodium soy sauce
- 1 tbsp oil
- 1 tbsp hot sauce such as Sriracha or chili garlic sauce, optional

Toppings (optional): lime wedges, chives

NUTRITIONAL INFO

Per serving: Calories 340, Fat 11 g (Saturated 1.5 g, Trans 0 g), Cholesterol 60 mg, Sodium 520 mg, Carbohydrate 35 g (Fibre 5 g, Sugars 21 g), Protein 28 g.

INSTRUCTIONS

1. Preheat oven to 425° F. Line **Sheet Pan** with **Sheet Pan Liner**. Place fish on pan.
2. Trim brussels sprouts; cut in half, lengthwise. Place in **Multipurpose Steamer**. Cover; microwave on high 4 min, until they start to soften.
3. Meanwhile, using **2-in-1 Citrus Press**, squeeze juice from lime in a small bowl. Whisk together with seasoning, honey, soy sauce, oil, and hot sauce, if using.
4. Brush salmon with sauce. Toss brussels sprouts with remaining sauce. Cook about 15 min, or until salmon is cooked through.

CRISPY & CRUNCHY TOFU BITES

TIP: Coat nuggets with your favourite **Epicure Dip** instead of mayo for extra flavour.



TOTAL TIME: 25 min



4 SERVINGS



\$1.69 CA/\$1.44 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup sliced veggies, 2 tbsp favourite **Epicure Dip**, and ½ cup cooked grains or oven fries, your choice.

INGREDIENTS

2 blocks (350 g each) firm or extra-firm tofu
2 tbsp mayonnaise or 2% plain Greek yogurt
1 pkg **Crispy & Crunchy Coating Mix**

NUTRITIONAL INFO

Per serving: Calories 270, Fat 15 g (Saturated 2 g, Trans 0 g), Cholesterol 5 mg, Sodium 310 mg, Carbohydrate 18 g (Fibre 1 g, Sugars 1 g), Protein 17 g.

INSTRUCTIONS

1. Preheat oven to 425° F. Place two **Cooling Racks** on **Sheet Pan** lined with **Sheet Pan Liner**; lightly brush racks with oil to prevent sticking.
2. Drain and pat tofu dry. Slice each block in two, lengthwise. Using your hands, tear the tofu into bite-sized nuggets. Place in a bowl with mayo; toss to coat.
3. Place coating mix in a shallow dish. Using tongs or your hands, add tofu pieces one at a time, rotating and pressing to coat.
4. Place tofu on racks, leaving some space between each piece. Bake 15 min or until golden.

GROWN UP CHICKEN STRIPS & MATCHSTICK FRIES



TIP: For extra-crispy fries, place cut potato in a large bowl and cover with cold water. Allow to soak for at least 30 min or overnight. This removes excess starch, which helps the potatoes crisp during cooking. Drain, rinse, and pat dry with a kitchen towel before using.



TOTAL TIME: 25 min



4 SERVINGS



\$3.02 CA/\$2.57 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup sliced veggies and 2 tbsp **3 Onion Dip**.

INGREDIENTS

1 large russet potato, scrubbed
 2 tbsp oil, divided, plus more for brushing
 ½ pkg **Southern Baked Gluten Free Crumb Mix**, about ¼ cup
 ¼ cup shredded parmesan cheese
 1 lb (450 g) boneless, skinless chicken breast fillets

NUTRITIONAL INFO

Per serving: Calories 320, Fat 12 g (Saturated 2 g, Trans 0 g), Cholesterol 85 mg, Sodium 380 mg, Carbohydrate 22 g (Fibre 5 g, Sugars 1 g), Protein 30 g.

INSTRUCTIONS

1. Preheat oven to 425° F. Line two ¼ **Sheet Pans** each with a ¼ **Sheet Pan Liner**. Place a **Cooling Rack** on each pan. Lightly brush with oil.
2. Using **4-in-1 Mandoline** fitted with the 6.6 mm julienne plate, julienne potato into matchsticks. Pat dry with a kitchen towel; place in a large bowl. Add 1 tbsp oil and toss.
3. In another bowl, combine crumb mix and cheese. Sprinkle about 2 tbsp over the potatoes; toss to coat. Spread out in a single layer on one rack as best you can. Place in oven.
4. Place chicken in bowl used for potatoes; add remaining 1 tbsp oil and toss. In batches, place chicken in the remaining crumb mixture, tossing to coat and pressing if necessary to cover all sides. Spread out on second rack. Try not to crowd—be sure they have a bit of space between each other.
5. Bake until chicken is cooked through and fries are crisp, about 18-25 min.

EASY SHEET PAN EGG BAKE



TOTAL TIME: 20 min



4 SERVINGS



\$3.18 CA/\$2.70 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 2 cups leafy greens (with a squeeze of lemon!) and 1 slice baguette or toast.

INGREDIENTS

½ pint cherry tomatoes
 2 cups sliced mushrooms
 2 tsp oil
 2 cups baby spinach
 8 eggs
 ½ cup milk, your choice
 1 pkg **Philly Cheesesteak Seasoning**
 ½ cup grated white cheddar cheese,
 or your choice
Toppings (optional): goat or feta cheese

NUTRITIONAL INFO

Per serving: Calories 300, Fat 18 g (Saturated 6 g,
 Trans 0 g), Cholesterol 500 mg, Sodium 320 mg,
 Carbohydrate 14 g (Fibre 3 g, Sugars 4 g),
 Protein 21 g.

INSTRUCTIONS

1. Preheat oven to 375° F. Line **Sheet Pan** with **Sheet Pan Liner**. Halve or quarter tomatoes based on size. Add tomatoes, mushrooms, and oil to pan. Toss to combine. Arrange in a single layer. Roast, 5 min.
2. Meanwhile, coarsely chop spinach. In a large bowl, add spinach, eggs, milk, and seasoning. Whisk to combine.
3. Remove pan from oven. Carefully pour egg mixture onto pan. Using a spatula, spread egg mixture and veggies evenly in the pan. Sprinkle with cheddar and goat cheese, if using. Bake, 10 min, or until eggs are set and a knife or toothpick inserted in the centre comes out clean. Remove from oven and let cool, 1 min.
4. Using **Flipper**, loosen edges. Using the edge of the flipper, cut into slices. Gently lift from liner (it helps to pull the liner slightly as you lift) and plate.

TASTE THE TROPICS SHRIMP



TOTAL TIME: 20 min



4 SERVINGS



\$5.56 CA/\$4.73 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup rice or quinoa.

INGREDIENTS

- 1 lime
- 1 pkg **Tropical Pineapple Chicken Seasoning**
- 1 tbsp melted coconut oil
- 1 tbsp honey
- 2 bell peppers
- 1 small zucchini
- 2 cups frozen mango chunks
- 1 lb (450 g) frozen raw, peeled shrimp, defrosted

NUTRITIONAL INFO

Per serving: Calories 290, Fat 8 g (Saturated 6 g, Trans 0 g), Cholesterol 170 mg, Sodium 620 mg, Carbohydrate 35 g (Fibre 5 g, Sugars 20 g), Protein 21 g.

INSTRUCTIONS

1. Preheat oven to 425° F. Line **Sheet Pan** with **Sheet Pan Liner**.
2. Slice lime in half. Using **2-in-1 Citrus Press**, squeeze juice from lime into a large bowl. Add seasoning, oil, and honey. Stir to combine.
3. Chop peppers into chunks. Slice zucchini into ½" thick rounds. Place peppers, zucchini, and mango on pan. Pour half the sauce on top (about ¼ cup). Using tongs, toss to coat. Place in oven and roast 10 min.
4. Meanwhile, add shrimp to bowl with remaining sauce; toss to coat.
5. Remove pan from oven; add shrimp in a single layer as best you can. Roast 3–4 min, or until shrimp are cooked.