


APPY PARTY

RECIPES & GROCERY LIST

 *Makes 12 servings*
Cost per Serving:
\$2.48 CA/\$2.13 US



Classy Cucumber Bites
3 Onion Dip Mix

White Bean & Artichoke Crackers
Herb & Garlic Dip Mix

Crispy & Crunchy Tofu Bites
Crispy & Crunchy Coating Mix

Black Bean Salsa Cups
Poco Picante Salsa & Ooey Goopy Queso Hot Dip Mix

Parmesan Ranch Popcorn
Creamy Ranch Dip Mix

CCB Dip
CCB Dip Mix

It's time to party! This menu plan will show you how to keep your entertaining classy, easy, and fun—without breaking the piggybank!

This menu caters to those looking to serve up to twelve. Or maybe you're headed to a small gathering and you're not sure what to bring? Everyone loves bite-sized savoury snacks! Each menu item takes less than 20 minutes to prepare and requires just a few pantry staples. Pick from the selection of five or try them all. Keep these recipes on hand—we have a feeling you might get asked to share them!

GROCERY LIST

EPICURE PRODUCTS

- 3 Onion Dip Mix** (Classy Cucumber Bites)
- CCB Dip Mix**
- Creamy Ranch Dip Mix** (Parmesan Ranch Popcorn)
- Crispy & Crunchy Coating Mix** (Crispy & Crunchy Tofu Bites)
- Herb & Garlic Dip Mix** (White Bean & Artichoke Crackers)
Swap: Creamy Garlic Hummus Dip Mix
- Ooey Goey Queso Hot Dip Mix** (Black Bean Salsa Cups)
- Poco Picante Salsa Mix** (Black Bean Salsa Cups)

PRODUCE

- 8 cherry tomatoes** (Classy Cucumber Bites)
- 1 medium tomato** (Black Bean Salsa Cups)
- ½ English cucumber** (Classy Cucumber Bites)

PANTRY STAPLES

- 1 jar (6 oz/170 ml) marinated artichokes** (White Bean & Artichoke Crackers)
- ½ cup popcorn kernels** (Parmesan Ranch Popcorn)
- 2 tbsp mayonnaise** (Crispy & Crunchy Tofu Bites)
Swap: 2% plain Greek Yogurt
- 2 tbsp oil** (Parmesan Ranch Popcorn)
Swap: butter

PROTEIN

- 2 blocks (350 g each) firm or extra-firm tofu** (Crispy & Crunchy Tofu Bites)
- 1 can (14 oz/398 ml) unsalted white beans** (White Bean & Artichoke Crackers)
Swap: great northern, cannellini, or navy
- ½ can (14 oz/398 ml) unsalted black beans**, about 1 cup (Black Bean Salsa Cups)

DAIRY

- 1½ cups milk**, your choice (Black Bean Salsa Cups)
- 1 cup grated cheddar** (Black Bean Salsa Cups)
- 1 cup light mayonnaise** (CCB Dip)
- 1 cup sour cream** (CCB Dip) | *Swap: plain yogurt*
- ½ cup cream cheese** (Classy Cucumber Bites)
- ½ cup grated parmesan** (Parmesan Ranch Popcorn)

BAKERY

- 30 tortilla scoops** (Black Bean Salsa Cups)
Swap: large tortilla chips
- 25 crackers**, your choice (White Bean & Artichoke Crackers)



CLASSY CUCUMBER BITES

TIP: For a more elegant presentation, pipe cream cheese onto cucumber slices using a large piping tip. Top with chopped cooked shrimp or smoked salmon.



TOTAL TIME: 10 min



30 PIECES



\$0.16 CA/\$0.14 US PER SERVING

INGREDIENTS

½ cup cream cheese, room temperature
2 tsp **3 Onion Dip Mix**
½ English cucumber
8 cherry tomatoes

NUTRITIONAL INFO

Per serving: Calories 15, Fat 1.5 g (Saturated 1 g, Trans 0 g), Cholesterol 5 mg, Sodium 10 mg, Carbohydrate 0 g (Fibre 0 g, Sugars 0 g), Protein 0.4 g.

INSTRUCTIONS

1. In a bowl, combine cream cheese and dip mix. Mix well.
2. Using **4-in-1 Mandoline** fitted with the 3.5 mm slicer blade, thinly slice cucumber into rounds. You'll need about 30 pieces. Slice tomatoes into quarters.
3. Spoon cream cheese mixture onto center of each cucumber (about a scant tsp per piece). Top with cherry tomatoes; push in gently.

WHITE BEAN & ARTICHOKE CRACKERS



TIP: Swap Herb & Garlic Dip Mix with Creamy Garlic Hummus Dip Mix.



TOTAL TIME: 20 min



25 PIECES



\$0.24 CA/\$0.20 US PER SERVING

INGREDIENTS

1 can (14 oz/398 ml) unsalted white beans, such as great northern, cannellini, or navy
1 tbsp **Herb & Garlic Dip Mix**
1 jar (6 oz/170 ml) marinated artichokes
25 crackers

NUTRITIONAL INFO

Per serving: Calories 40, Fat 1 g (Saturated 0.1 g, Trans 0 g), Cholesterol 0 mg, Sodium 60 mg, Carbohydrate 7 g (Fibre 2 g, Sugars 0 g), Protein 1 g.

INSTRUCTIONS

1. Drain and reserve liquid from beans. Rinse beans; place in a food processor or high-speed blender with $\frac{1}{4}$ cup reserved liquid.
2. Add dip mix and blend until smooth and creamy, about 2 min, scraping down sides as needed.
3. Drain artichokes; roughly chop.
4. Spread bean dip on crackers, top with artichokes. Sprinkle with additional dip mix, if desired.

CRISPY & CRUNCHY TOFU BITES

TIP: If you have time, layer paper towel around your blocks of tofu. Place heavy items—cutting board, cookbooks, or bowls—on top to weigh down tofu and remove extra liquid. Let sit 20 min. Alternatively, look for already pressed tofu (it will be vacuumed packed, with no liquid in it). It'll give your nuggets an irresistible texture.



TOTAL TIME: 25 min



4 SERVINGS



\$1.69 CA/\$1.44 US PER SERVING

Serve these crispy morsels with a dollop of **CCB Dip** for a delicious appetizer or follow the “perfectly balance your plate” suggestion to make it a meal!

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.

BLACK BEAN SALSA CUPS



TIP: Look for tortilla scoops in the chip section of your grocery store. They're easier to fill and eat. Can't find them? Sub in large tortilla chips.



TOTAL TIME: 15 min



30 PIECES



\$0.16 CA/\$0.14 US PER SERVING

INGREDIENTS

½ can (14 oz/398 ml) unsalted black beans, about 1 cup

1 medium tomato

1 tbsp **Poco Picante Salsa Mix**

30 tortilla scoops or chips

½ cup prepared **Ooey Goey Queso Hot Dip**

Toppings (optional): cilantro, squeeze of lime juice

NUTRITIONAL INFO

Per serving (1 piece): Calories 25, Fat 1 g (Saturated 0.4 g, Trans 0 g), Cholesterol 0 mg, Sodium 40 mg, Carbohydrate 3 g (Fibre 1 g, Sugars 0 g), Protein 1 g.

INSTRUCTIONS

1. Drain and rinse beans. Dice tomato. Place in bowl with mix; stir to combine.
2. Arrange chips on a platter. Spoon bean mix into each scoop.
3. Drizzle with queso prior to serving.

PARMESAN RANCH POPCORN



TIP: Serve in small bowls (like **Prep Bowls**) or napkins for an easy and tasty appetizer!



TOTAL TIME: 10 min



12 SERVINGS



\$0.22 CA/\$0.19 US PER SERVING

INGREDIENTS

½ cup popcorn kernels
1-2 tbsp oil or butter, melted
½ cup grated Parmesan cheese
1 tbsp **Creamy Ranch Dip Mix**

NUTRITIONAL INFO

Per serving (about 1 cup): Calories 70, Fat 2.5 g (Saturated 0.5 g, Trans 0 g), Cholesterol 5 mg, Sodium 50 mg, Carbohydrate 9 g (Fibre 1 g, Sugars 0 g), Protein 3 g.

INSTRUCTIONS

1. Place kernels in **Multipurpose Steamer**. Cover; microwave on high 5-6 min or until popping has slowed down. Pour into a large bowl. Discard any un-popped kernels.
2. Spritz or toss popcorn with oil; sprinkle cheese and dip mix on top. Toss well to coat popcorn. Add more dip mix, to taste.

CCB DIP



TIP: Make a delicious spread—mix 1 tbsp dip mix with 1 cup spreadable cream cheese.



TOTAL TIME: 15 min



2 CUPS



\$0.30 CA/\$0.26 US PER SERVING

Delicious with raw vegetables, potato chips, or crackers.

INGREDIENTS

- 3 tbsp **CCB Dip Mix**
- 1 cup sour cream or yogurt
- 1 cup light mayonnaise

NUTRITIONAL INFO

Per serving (2 tbsp): Calories 70, Fat 7 g (Saturated 2 g, Trans 0 g), Cholesterol 10 mg, Sodium 130 mg, Carbohydrate 3 g (Fiber 0 g, Sugars 1 g), Protein 1 g.

INSTRUCTIONS

1. In a small bowl, combine dip mix, sour cream, and mayonnaise.
2. Let stand for 10 min before serving. This allows time for the mix to hydrate and flavors to blend.