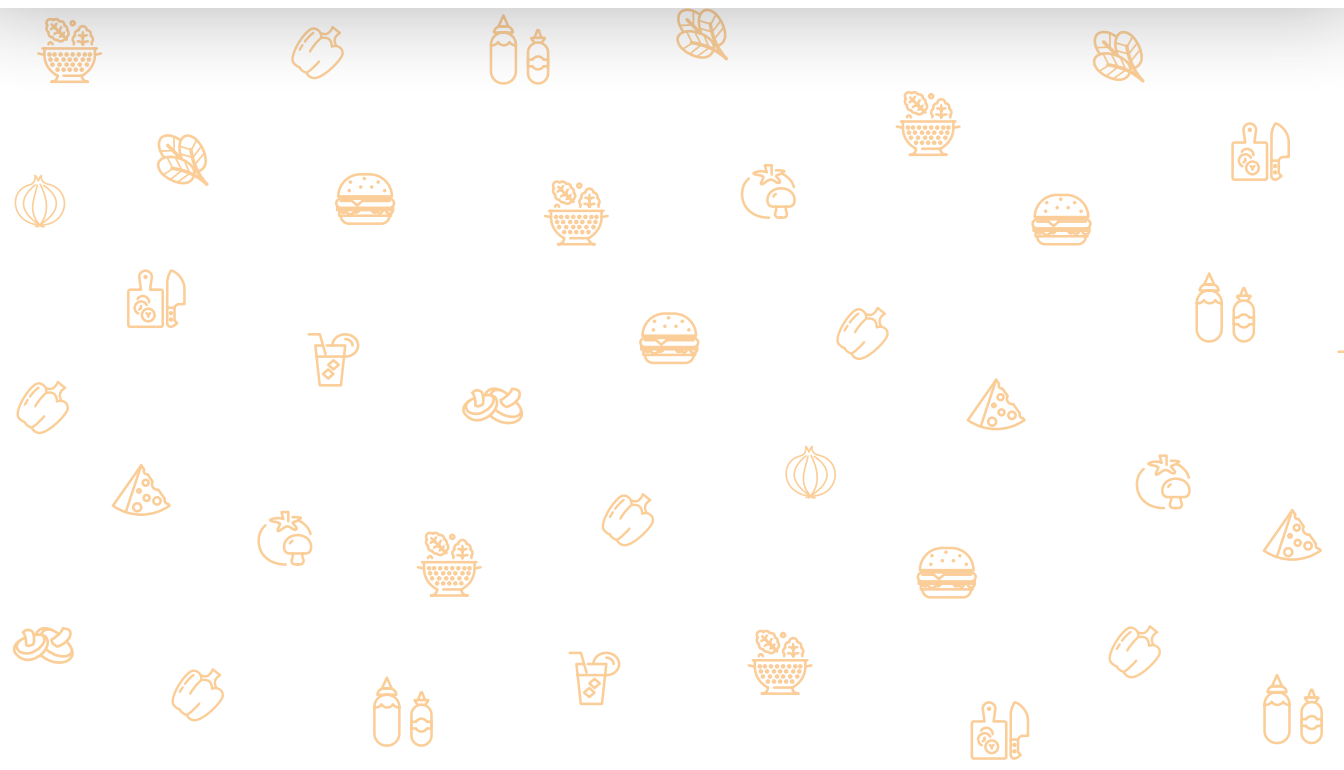




E P I C U R E TM

GOOD BURGERS. REAL FAST. TM

Digital Recipe Guide



GOOD BURGERS. REAL FAST.™



Shake up the bun this grilling season with epic flavours the whole family will love—perfectly suited to burgers and beyond! Use the recipes in this guide to go beyond the recipes on our labels and quickly plan and prep healthy meals that go from raw to ready in 20 minutes!

Enjoy the right amount in the right combination! All recipes within this guide are on-plan for the Epic Life Program—simply follow the prompts to help ensure you have a perfectly portioned, balanced plate. Learn more about the Epic Life Program at epicure.com or in our catalogue.

FYI: Perfect portions are what keep you feeling full between meals, without the need to snack!



5 WAYS WITH BIG BURGER SAUCE



A tangy and delicious DIY version of the classic “special” burger sauce, made with better-for-you ingredients. This blend is dairy-free and doesn't contain sodium. One jar makes 6 cups of sauce.

1

GREEN PASTA SALAD

Blend $\frac{1}{2}$ avocado, $\frac{1}{4}$ cup 2% plain Greek yogurt, 2 tbsp lemon juice, and 2 tbsp mix in a food processor until creamy. Thin out with olive oil, as needed. In a large bowl, combine 4 cups cooked macaroni noodles with 2 cups arugula, 1 cup snap peas, 4 sliced green onions, and $\frac{1}{2}$ diced English cucumber. Add dressing; lightly toss to mix.

2

CALI LETTUCE WRAP BURGERS

Combine 1 lb (450 g) ground chicken and 2 tbsp mix until well blended. Form into four patties. Grill over medium-high, with lid closed, 6 min per side or until cooked. Place burgers in lettuce leaves. Top with Big Burger Sauce, sliced tomatoes, and diced red onion.

3

BIG BURGER BEAN DIP

Drain and rinse 1 can (19 oz/540 ml) white kidney beans; add to food processor with 3 tbsp lemon juice, and 1–2 tbsp mix. Puree until smooth. Thin out with water, as needed. Refrigerate until ready to serve with veggie sticks or potato wedges.

4

GRILLED SUMMER SQUASH

Preheat grill to medium-high heat. Slice 4 zucchinis, lengthwise, about $\frac{1}{4}$ ” thick. Toss with 1 tbsp olive oil and 1 tbsp mix. Grill, covered, 3 min per side until tender and lightly charred.

5

EASY GRILLED SALMON

Whisk together 2 tbsp each oil and mix. Brush over 1 lb (450 g) salmon fillet, about 1” thick. Place salmon skin-side down on preheated medium-high grill; reduce heat to medium. Grill with lid closed, about 10–12 min or until cooked. Serve with a dollop of Big Burger Sauce, if desired.

5 WAYS WITH BURGER SEASONING



Robust flavours of onion, garlic, and red bell pepper. The perfect match for burgers of all kinds, including beef, chicken, pork, turkey, or lamb. One jar seasons 24 burgers.

1

BURGER STIR-FRY

Heat oil in a **Wok** over medium high heat. Combine **1 lb (450 g) lean ground beef** with **2 tbsp seasoning** and **1 tbsp soy sauce**. Add to wok; stir-fry until meat is cooked, about 5 min. Add **4 cups chopped veggies** (your choice). Stir-fry until tender and crisp.

2

HAMBURGER MEATBALLS

Combine **1 lb (450 g) lean ground beef** and **2 tbsp seasoning**. Form into 16 meatballs. Arrange in a single layer in **Multipurpose Steamer**. Cover; microwave on high for 4 min or until cooked. Great with **Big Burger Sauce**.

3

CRISPY BURGER FLATBREAD

Whisk together $\frac{1}{4}$ **cup olive oil**, **2 tsp lemon juice** and **1 tbsp seasoning**. Lightly brush over both sides of **4 Greek-style pitas**. Place on preheated medium-high grill. Grill until lightly charred, turning often. Top with **chopped fresh tomatoes** and **crumbled feta cheese**.

4

MINI CHEESEBURGER PIES

Saute **1 lb (450 g) lean ground beef** with **2 tbsp seasoning** and **2 sliced green onions**. Spoon into pre-baked, warm mini tart shells. Top with **grated cheddar** and a dollop of **salsa**.

5

BEST HOT BURGER DIP

In a microwavable bowl, stir together **1 brick (8 oz/250 g) light cream cheese** (softened), **1 cup crumbled cooked beef** (leftover hamburgers work well), $\frac{1}{2}$ cup each **salsa** and **light sour cream**, and **1 tbsp seasoning**. Microwave on high at 1 min intervals, stirring well in between, until cheese melts and dip is hot, 2–3 min.

5 WAYS WITH TUSCAN CHICKEN BURGER SEASONING



Fresh Mediterranean flavours of rosemary, garlic, and tomato with a hint of sumac. Sumac is a Middle Eastern spice with a bright, tart flavour similar to lemon. Customize and make burgers with ground chicken, turkey, beef, or lamb. Blend is low sodium. One jar seasons 24 burgers.

1

LAMB PITA BURGERS

Combine **1 lb (450 g) ground lamb** with **2 tbsp seasoning**. Form into four patties. Grill over medium-high heat, with lid closed, until cooked through. Tuck into **pita pocket halves** with **mixed greens, sliced tomatoes, and crumbled feta cheese**.

2

TUSCAN-STYLE BREAD DIP

Using **Funnel**, measure **½ cup olive oil** and **1 tbsp seasoning** into a **Cruet**. Screw on lid; shake to mix. To serve, pour onto a plate, drizzle **2 tbsp balsamic vinegar**, and serve with **crusty bread**.

3

TOMATO & CUCUMBER SALAD

In a large bowl, whisk together **⅓ cup olive oil**, **3 tbsp lemon juice**, and **1 tbsp seasoning**. Dice **2 large heirloom tomatoes** and **1 English cucumber**. Thinly slice **½ small red onion**. Roughly chop **1 bunch fresh parsley**. Add to bowl with vinaigrette, toss well to combine. Top with **chopped fresh mint**, if desired.

4

TUSCAN-STYLE GRILLED FLATBREAD

Brush both sides of **4 pitas** or **naan bread** with **olive oil**. Sprinkle with **seasoning**, to taste. Place on preheated medium grill. Grill until charred, about 2 min per side. Serve with grilled kebabs and **Big Burger Sauce**.

5

PANZANELLA SALAD

Slice **1 baguette** in half, lengthwise; brush with **olive oil**. Grill over medium heat until golden. Set aside to cool. Dice **4–5 vine ripened tomatoes**; add to a large bowl. Tear or chop cooled bread into bite-sized pieces; add to bowl. In a small bowl, whisk together **⅓ cup olive oil**, **3 tbsp red wine vinegar**, **1 tbsp seasoning**, and **1 tsp Dijon mustard**. Pour dressing over salad. If you have time, let rest 30 min before serving, tossing occasionally to allow bread to absorb dressing and tomato juices. Serve at room temperature.

5 WAYS WITH WEST COAST BURGER SEASONING



Bright and fresh with notes of lemon, dill, and garlic, this is a deliciously versatile blend that's equally suited to grilled burgers, fish, and veggies. Blend is low sodium and vegan. One jar makes about 24 patties.

1

CHICKPEA SALAD SANDWICH

In a bowl, stir together $\frac{1}{2}$ cup 2% plain Greek yogurt, 2 tbsp mayonnaise, and 1 tbsp seasoning. Drain and rinse 1 can (14 oz/398 ml) chickpeas. Add to bowl and lightly mash with a fork. Sandwich between slices of your favourite bread and pile the veggies on high.

2

LEMONY GRILLED FISH

Stir together 2 tsp butter, room temperature, and 1 tbsp seasoning. Brush onto both sides of 1 lb (450 g) fish fillet, such as halibut or salmon. Place on preheated medium-high grill. Grill with lid closed, until fish flakes easily, flipping once. Serve with grilled lemon halves.

3

CUCUMBER & BEET SALAD

In a bowl, zest $\frac{1}{2}$ lemon. Using 2-in-1 Citrus Press, squeeze in juice from zested lemon. Whisk together with $\frac{1}{2}$ cup 2% plain Greek yogurt and 1 tbsp seasoning. Slice 1 pkg (8.8 oz/250 g) cooked, peeled beets. Slice cucumber in half, lengthwise. Use a spoon to scrape out seeds. Slice crosswise into 1" pieces. Place veggies in a bowl; add dressing and gently toss together.

4

EASY WEST COAST DILL SAUCE

In a bowl, stir together $\frac{1}{4}$ cup each mayonnaise and 2% plain Greek yogurt, 3 tbsp lemon juice, and 1 tbsp seasoning. Serve with grilled fish or burgers.

5

WHITE BEANS & FETA

Drain and rinse 1 can (19 oz/540 ml) white kidney beans; place in a bowl. Using 2-in-1 Citrus Press, squeeze in juice from 1 lemon. Add $\frac{1}{4}$ cup olive oil, $\frac{2}{3}$ cup feta cheese, and 1 tbsp seasoning. Toss to combine.

WEST COAST VEGGIE BURGERS



MAKE IT A PERFECTLY BALANCED PLATE

Serve with 1 cup sliced fresh veggies of your choice.

RECIPE TIP

Prep patties ahead of time so the flavours can blend. Refrigerate up to 3 days before cooking. Be gentle when flipping patties over—while they hold together, they squish easily.



TOTAL TIME: 20 min



4 SERVINGS



\$1.84 CA/\$1.56 US PER SERVING

INGREDIENTS

2 slices sandwich bread, your choice

1 small zucchini

1 can (19 oz/540 ml) no salt added chickpeas

¼ cup natural peanut butter or seed butter

2 tbsp **West Coast Burger Seasoning**

2 tsp oil

4 buns

Toppings (optional): **Big Burger Sauce**, sliced avocado, lettuce, pickles

NUTRITIONAL INFO

Per serving: Calories 410, Fat 14 g (Saturated 2 g, Trans 0 g), Cholesterol 0 mg, Sodium 410 mg, Carbohydrates 56 g (Fibre 11 g, Sugars 7 g), Protein 17 g.

INSTRUCTIONS

1. Cut off and discard crusts from bread. Tear bread into small pieces. Grate zucchini; you should have about 2 cups. Drain and rinse chickpeas. Place in a food processor; add peanut butter and seasoning. Pulse until mixture is well mixed, but still has a few chunky pieces and starts to come together; form into four patties.
2. Heat oil in a large non-stick fry pan over high heat. Add patties; reduce heat to medium and fry 5 min per side, or until crisp and brown on the outside and warmed through. Add more oil, if needed.
3. Tuck patties into buns and add toppings, if desired.

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FISH BURGER WITH SAVOURY COLESLAW



MAKE IT A PERFECTLY BALANCED PLATE

Serve with 1 cup sliced fresh veggies of your choice.

RECIPE TIP

Swap fish fillets for boneless, skinless chicken breasts.



TOTAL TIME: 18 min



4 SERVINGS



\$2.75 CA/\$2.34 US PER SERVING

INGREDIENTS

1 lb (450 g) salmon or white fish fillets
1 tbsp olive oil, plus more for grilling
1 tbsp **Burger Seasoning** or **West Coast Burger Seasoning**
2 cups coleslaw mix
½ cup **Big Burger Sauce**, prepared
4 buns, split

NUTRITIONAL INFO

Per serving: Calories 450, Fat 22 g (Saturated 3.5 g, Trans 0 g), Cholesterol 85 mg, Sodium 580 mg, Carbohydrate 28 g (Fiber 2 g, Sugars 6 g), Protein 32 g.

INSTRUCTIONS

1. Brush fish with oil, and then sprinkle with seasoning.
2. Grill over medium-high heat with lid closed until cooked through, 4 minutes per side.
3. Combine coleslaw and Big Burger Sauce in a bowl.
4. Place fish on bottom halves of buns, then divide coleslaw overtop. Top with buns and serve.

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BEEF PARMESAN BURGERS



MAKE IT A PERFECTLY BALANCED PLATE

Serve with 1 cup sliced fresh veggies of your choice.

RECIPE TIP

To test burgers for doneness, insert an instant read thermometer sideways into the burger. It should register 160° F.



TOTAL TIME: 20 min



4 SERVINGS



\$2.16 CA/\$1.70 US PER SERVING

INGREDIENTS

3 green onions
1 lb (450 g) lean ground beef
2 tbsp **Burger Seasoning**
4 slices mozzarella or provolone cheese
1 cup pasta sauce, your choice
4 ciabatta buns, split and toasted

Toppings (optional): fresh basil leaves, grated Parmesan

NUTRITIONAL INFO

Per serving: Calories 410, Fat 16 g (Saturated 6 g, Trans 0.4 g), Cholesterol 70 mg, Sodium 580 mg, Carbohydrates 33 g (Fibre 3 g, Sugars 4 g), Protein 32 g

INSTRUCTIONS

1. Preheat grill to medium-high.
2. Chop green onions; place in a large bowl and add beef and seasoning. Using a fork or your hands, gently mix to combine. Form into 4 patties.
3. Grill, with lid closed, 4–5 min or until cooked through. Add cheese for the last 1 min of cooking. While burgers are cooking, measure sauce into a **Rectangular Steamer**. Cover; microwave on high until hot, 1–2 min.
4. To serve, place burgers on bottom bun halves. Generously spoon sauce over top. Add toppings, if desired. Cover with top bun.

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GRILLED TUSCAN SANDWICH



MAKE IT A PERFECTLY BALANCED PLATE

Serve with ½ cup lean protein such as canned tuna, chicken, mashed chickpeas, or smoked tofu.

RECIPE TIP

Add more protein to your sandwich by adding tuna or leftover cooked, chopped chicken.



TOTAL TIME: 20 min



4 SERVINGS



\$3.66 CA/\$2.89 US PER SERVING

INGREDIENTS

BIG BURGER SAUCE

- ¼ cup mayonnaise
- ½ tbsp **Big Burger Sauce Mix**
- ½ tbsp ketchup
- 1 tsp relish

SANDWICH

- 4 portobello mushrooms
- 1 large zucchini
- 1 tbsp oil
- 1 tbsp **Tuscan Chicken Burger Seasoning**
- 2 tomatoes
- 1 avocado
- 8 lettuce leaves
- 8 slices whole wheat bread

NUTRITIONAL INFO

Per serving: Calories 350, Fat 17 g (Saturated 2.5 g, Trans 0 g), Cholesterol 5 mg, Sodium 420 mg, Carbohydrates 41 g (Fibre 10 g, Sugars 9 g), Protein 13 g.

INSTRUCTIONS

1. For the sauce, in a bowl combine mayonnaise with sauce mix, ketchup and relish. Set aside.
2. Preheat grill to medium-high.
3. Remove stems and scrape gills from mushrooms. Slice zucchini lengthwise into long strips. Brush each with oil and sprinkle evenly with seasoning. Thinly slice tomato and avocado; set aside.
4. Place mushrooms and zucchini on grill. Grill, turning often until lightly charred and tender, about 8 min. Move pieces to a cutting board when done.
5. To assemble sandwiches, coarsely chop mushrooms and zucchini. Spread bread with Big Burger Sauce; top 4 slices with lettuce, grilled veggies, tomato, and avocado. Cover with top pieces of bread. Cut in half and serve.

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GRILLED CHICKEN HOAGIE



MAKE IT A PERFECTLY BALANCED PLATE

Serve with 1 cup sliced fresh veggies of your choice.

RECIPE TIP

Throw some red peppers on the grill too, or use up any leftover fresh or grilled veggies kicking around your fridge.

RECIPE TIP

Can't find hoagie buns? Swap in hot dog buns, ciabatta buns, or use a baguette.



TOTAL TIME: 20 min



4 SERVINGS



\$2.96 CA/\$2.52 US PER SERVING

INGREDIENTS

BIG BURGER SAUCE

¼ cup mayonnaise

½ tbsp **Big Burger Sauce Mix**

½ tbsp ketchup

1 tsp relish

SANDWICH

1 lb (450 g) chicken breast fillets

1 tbsp oil

2-3 tbsp **Tuscan Chicken Burger**

Seasoning

4 hoagie buns

4 cups baby spinach

Toppings (optional): sliced red onion, dill pickles

NUTRITIONAL INFO

Per serving: Calories 340, Fat 12 g (Saturated 2 g, Trans 0 g), Cholesterol 65 mg, Sodium 500 mg, Carbohydrates 29 g (Fibre 5 g, Sugars 5 g), Protein 29 g.

INSTRUCTIONS

1. For the sauce, in a bowl combine mayonnaise with sauce mix, ketchup, and relish. Set aside.
2. Preheat grill to medium-high.
3. Coat chicken with oil and seasoning. Place on grill. Grill with lid closed until cooked, about 3 min per side. Add buns for the last 1 min of cooking; grill until lightly toasted.
4. Meanwhile, coarsely chop spinach and prepare toppings, if using.
5. To assemble, spread toasted buns with sauce. Add chicken, spinach, and toppings.

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CHEESEBURGER TOSTADAS



MAKE IT A PERFECTLY BALANCED PLATE

Serve with 1 cup sliced fresh veggies of your choice.

RECIPE TIP

If you have time, broil both sides of tortilla to toast it up before adding toppings.



TOTAL TIME: 20 min



4 SERVINGS



\$3.16 CA/\$2.49 US PER SERVING

INGREDIENTS

BIG BURGER SAUCE

- ¼ cup mayonnaise
- ½ tbsp **Big Burger Sauce Mix**
- ½ tbsp ketchup
- 1 tsp relish

SANDWICH

- ½ lb (225 g) lean ground beef or chicken
- 1 tbsp **Burger Seasoning**
- 2 cups mixed cherry tomatoes
- 4 large tortillas
- 1 cup grated orange cheddar
- 2 cups coleslaw mix

Toppings (optional): chopped pickles, diced avocado

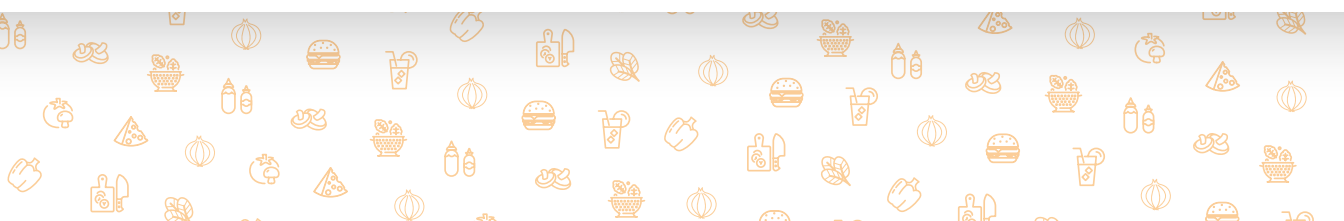
NUTRITIONAL INFO

Per serving: Calories 400, Fat 20 g (Saturated 9 g, Trans 0.2 g), Cholesterol 65 mg, Sodium 540 mg, Carbohydrates 32 g (Fibre 5 g, Sugars 5 g), Protein 24 g.

INSTRUCTIONS

1. For the sauce, in a bowl combine mayonnaise with sauce mix, ketchup, and relish. Thin with a little warm water so sauce is runny; should be able to drizzle easily. Set aside.
2. In a **Multipurpose** or **Round Steamer**, combine meat and seasoning. Cover; microwave on high, 3–5 min or until cooked through. Use **Ground Meat Separator** to break up large chunks. Drain any excess liquid.
3. Meanwhile, cut tomatoes into halves.
4. To assemble, place tortillas on plates. Spoon meat otop and sprinkle with cheese, tomatoes, and coleslaw. Add toppings, if desired.

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MOROCCAN STYLE CHICKEN BURGER



MAKE IT A PERFECTLY BALANCED PLATE

Serve with 1 cup veggies.

RECIPE TIP

While the grill is on, add sliced zucchini, eggplant, or bell peppers to use as burger toppers.



TOTAL TIME: 20 min



4 SERVINGS



\$2.75 CA/\$2.34 US PER SERVING

INGREDIENTS

4 dried apricots
6 Manzanilla stuffed olives
1 lb (450 g) ground chicken
1 tbsp **Tuscan Burger Seasoning**
½ cup light mayonnaise
1 tbsp **Big Burger Sauce Mix**
1 tbsp lemon juice
4 hamburger buns
8 butter lettuce leaves

Toppings (optional): sliced tomato, grilled veggies

NUTRITIONAL INFO

Per serving: Calories 440, Fat 21 g (Saturated 4.5 g, Trans 0.1 g), Cholesterol 110 mg, Sodium 560 mg, Carbohydrate 35 g (Fiber 2 g, Sugars 8 g), Protein 26 g.

INSTRUCTIONS

1. Preheat grill to medium-high.
2. Meanwhile, finely chop apricots and olives.
3. In large bowl, combine apricots, olives, ground chicken, and seasoning until well blended. Form into four patties.
4. Grill patties with lid closed until cooked, approximately 5-7 min per side.
5. Meanwhile, in small bowl, combine mayonnaise, sauce mix, and lemon juice. Set aside.
6. Place patty on bottom bun; top with lettuce. Add additional toppings, if desired. Spread top bun with sauce, then cover.

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BLISTERED SHRIMP BURRITOS



MAKE IT A PERFECTLY BALANCED PLATE

Serve with 1 cup sliced fresh veggies of your choice.

RECIPE TIP

Grill shrimp on the barbecue. For best results, use a barbecue grill pan to prevent shrimp from falling through the grate.



TOTAL TIME: 20 min



4 SERVINGS



\$3.85 CA/\$3.04 US PER SERVING

INGREDIENTS

BIG BURGER SAUCE

¼ cup mayonnaise

½ tbsp **Big Burger Sauce Mix**

½ tbsp ketchup

1 tsp relish

BURRITO

1 cup uncooked white rice

2 cups water or broth

1 tsp oil

1 bag (340 g) large shrimp, raw, peeled, and deveined

1 tbsp **West Coast Burger Seasoning**

4 cups coleslaw mix

4 large tortillas, preferably wholewheat

Toppings (optional): salsa, guacamole

NUTRITIONAL INFO

Per serving serving (1 burrito with ½ cup rice):

Calories 360, Fat 7 g (Saturated 1 g, Trans 0 g),

Cholesterol 130 mg, Sodium 460 mg, Carbohydrates 53 g

(Fibre 5 g, Sugars 4 g), Protein 21 g

INSTRUCTIONS

1. For the sauce, in a bowl combine mayonnaise with sauce mix, ketchup, and relish. Set aside.
2. In a **Multipurpose Steamer**, combine rice and water or broth. Top with tray; microwave uncovered, on high for 16–18 min or until tender. Portion out 2 cups cooked rice and stir in Big Burger Sauce. Refrigerate remaining rice (about 1 cup) for use another day.
3. While rice cooks, heat oil in **Wok** set over medium-high heat. Pat shrimp dry, then coat with seasoning. Add to wok; stir-fry until cooked through, about 3–4 min.
4. To assemble burritos, divide rice, shrimp, and coleslaw among tortillas; fold in sides and tightly roll. Serve with toppings, if desired.

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