



Easy Breezy Back to School Meals

Crush your back-to-school routine with the September Epic Box!

Get ready to tackle those busy weeknights with delicious, one-pan meals that are ready in 20 minutes or less. No more stress, just quick, tasty dinners that'll make school nights a breeze. Your go-to solution for fast, easy, and satisfying meals—delivered right to your door!

E P I C U R E™

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



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Balsamic Pasta



Total Time
15 min



Makes
4 servings



Cost per serving
\$2.98 (CA) \$2.53 (US)

This pasta has a secret ingredient—white beans! But, you’d never know. Our friend, the humble bean, is a bit of a superhero: budget-friendly, protein-rich, and mild-flavoured, it’s worth a shot to sneak it onto any picky eater’s plate. Mash ‘em up “real good” to hide them in the sauce.

INGREDIENTS

- ½ lb (225 g) uncooked spaghetti
- 2 tsp olive oil
- 1 can (14 oz/398 ml) unsalted white beans, such as great northern or butter, drained and rinsed
- 2 cups tomato sauce or prepared **Marinara Sauce**
- 2 tbsp balsamic vinegar
- 1 pkg **Maple Balsamic Chicken Seasoning**
- 4 cups baby spinach or arugula
- ⅔ cup shredded mozzarella or gruyère cheese

Toppings (optional): extra shredded cheese, balsamic glaze

INSTRUCTIONS

- 1.** In a large pot, cook spaghetti according to package directions until al dente. Reserve ½ cup pasta water, then drain.
- 2.** Meanwhile, heat oil in **Sauté Pan** over medium heat. Stir in beans, tomato sauce, balsamic vinegar, and seasoning. Simmer 2–3 min. Using **Ground Meat Separator**, coarsely mash beans.
- 3.** Stir in spinach and cheese. Add cooked pasta and 2 tbsp pasta water; toss to combine. If sauce is too thick, add pasta water, 1 tbsp at a time, until desired consistency is reached.

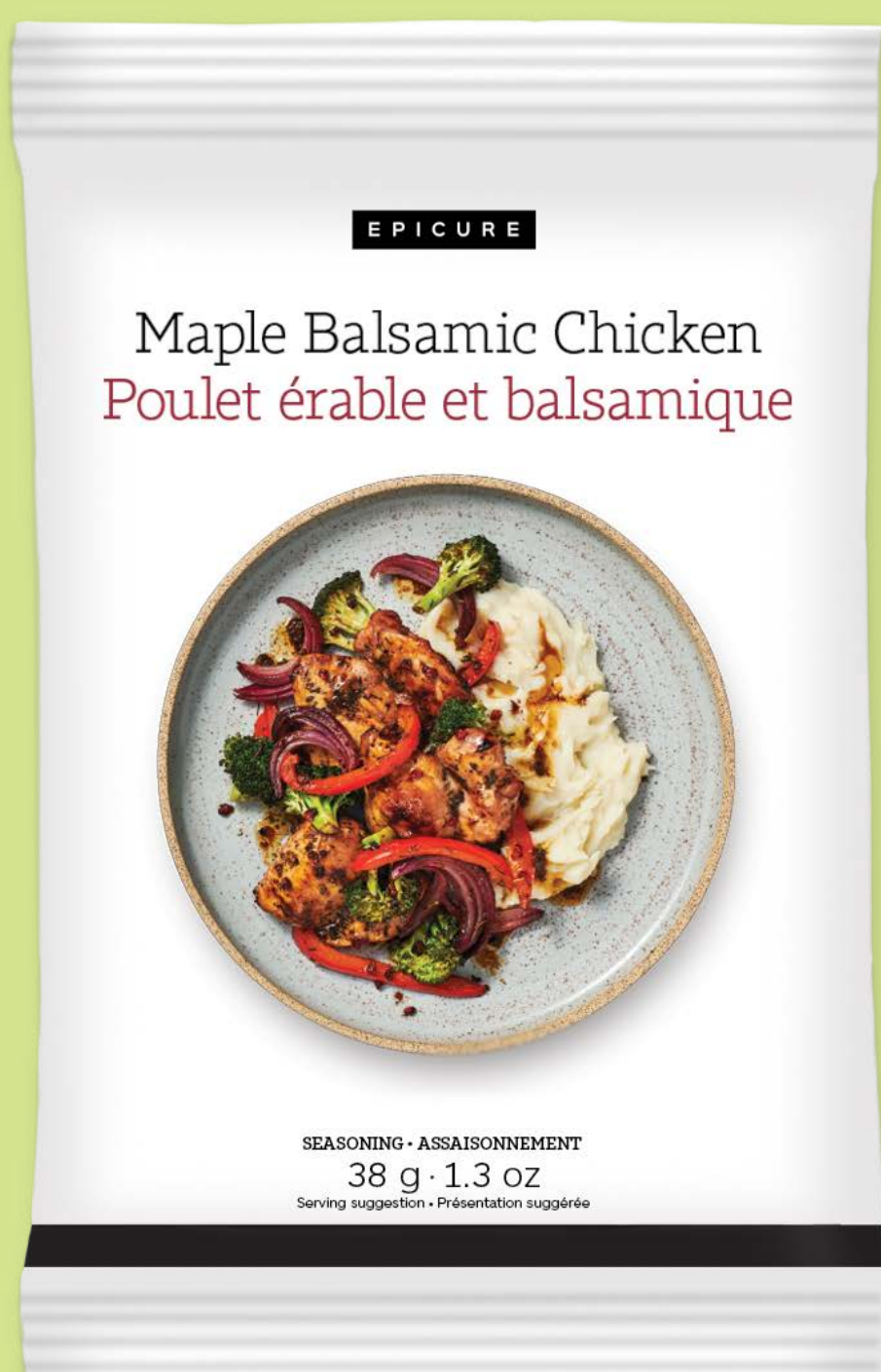
Perfectly Balance Your Plate: Serve with 2 cups leafy greens and 1 tbsp Epicure Dressing.

Per serving: Calories 470, Fat 9 g (Saturated 3.5 g, Trans 0 g), Cholesterol 15 mg, Sodium 430 mg, Carbohydrate 77 g (Fibre 10 g, Sugars 15 g), Protein 20 g.



[Click for the Baked Brie Bites recipe](#)

Maple Balsamic Chicken Seasoning



- A veggie-packed, protein-rich meal doesn't get any easier—or tastier—than this!
- Just toss the ingredients in a bowl, spread them on a sheet pan, and enjoy a delicious dinner in under 20 minutes!
- Dried raspberries and real maple sugar give the blend a sweet tartness.
- Maple Balsamic Chicken is a multipurpose blend. Try it as a salad dressing or wet glaze.
- Substitute onions, peppers, and broccoli for roasted fall veggies to elevate your meal. Try asparagus, Brussels sprouts, sweet potato, or cauliflower – cook time will vary).
- Makes 4 servings.



Balsamic Chicken Fingers



Total Time
20 min



Makes
4 servings



Cost per serving
\$2.11 (CA) \$1.73 (US)

INGREDIENTS

- 2 cups panko or coarse, dry breadcrumbs
- ¼ cup grated Parmesan cheese
- ½ tsp Balsamic Vinaigrette Dressing Mix
- 3 tbsp olive oil
- 1 tbsp balsamic vinegar
- 1 lb (450 g) boneless, skinless chicken breasts

INSTRUCTIONS

- 1.** Line Sheet Pan with Sheet Pan Liner. Preheat oven to 400° F.
- 2.** Meanwhile, in a shallow dish, combine panko and cheese; set aside.
- 3.** In a bowl, combine dressing mix with oil and vinegar.
- 4.** Slice chicken into very thin strips; coat with dressing. Dredge in crumb mixture to evenly coat.
- 5.** Arrange strips in a single layer on pan. Bake for 18 min, or until deep golden.

TIP Make it vegetarian by swapping meat for 1 lb (450 g) sliced firm tofu.

Perfectly Balance Your Plate: Serve with 2 cups mixed greens with 1 tbsp prepared Balsamic Vinaigrette Dressing and ¼ cup prepared Marinara Sauce for dipping.

Per serving: Calories 310, Fat 15 g (Saturated 3.5 g, Trans 0 g), Cholesterol 70 mg, Sodium 280 mg, Carbohydrate 14 g (Fibre 1 g, Sugars 2 g), Protein 27 g.



[Click for the Jennifer Aniston's Salad recipe](#)

Balsamic Vinaigrette Dressing Mix



- Fresh, bright & bold blend of Mediterranean herbs with notes of garlic & rosemary. Our most versatile dressing.
- A classic; use as a dressing or marinade.
- Drizzle over leafy greens & pasta salads.
- Marinate tough cuts of beef before cooking.



Baked Tortellini



Total Time
20 min



Makes
6 servings



Cost per serving
\$3.10 (CA) \$2.64 (US)

FoodTok went crazy for this easy dinner win. With over 111 million views (and counting), this recipe has captured the taste buds of millions. But we've made it healthier, quicker, and more delicious, as we do! What's our secret? Beef Stroganoff Seasoning—it gives the sauce an extra oomph of beefy flavour along with the onions, mushrooms, and garlic.

INGREDIENTS

- 1 pkg (12.5 oz/350 g) tortellini, your choice
- 1 pkg Beef Stroganoff Seasoning
- ½ cup water
- 1 lb (450 g) lean ground beef
- 1 can (14 oz/398 ml) unsalted tomato sauce
- ½ brick (8 oz/250 g) cream cheese
- ½ cup shredded mozzarella cheese

INSTRUCTIONS

1. Preheat oven to 425° F.
2. Cook tortellini according to package directions. Drain.

3. In a bowl, combine seasoning and water. Set aside.
4. Cook ground beef in Sauté Pan over medium-high heat until browned, about 3–4 min, using Ground Meat Separator to break up chunks. Drain excess liquid.
5. Reduce heat to medium. Add reserved seasoning mixture, tomato sauce, and cream cheese. Stir continuously until cream cheese is melted. If sauce is too thick, add water, 2 tbsp at a time, until desired consistency is reached.
6. Add cooked tortellini to pan; stir until well combined.
7. Top with mozzarella cheese. Bake 2–3 min or until cheese is melted.

TIPS Swap 1½ cups prepared Marinara Sauce for canned tomato sauce. To easily drain excess liquid after browning meat, tilt the pan and use a paper towel to blot the liquid.

Per serving: Calories 460, Fat 21 g (Saturated 11 g, Trans 0.3 g), Cholesterol 95 mg, Sodium 580 mg, Carbohydrate 40 g (Fibre 3 g, Sugars 6 g), Protein 28 g.



[Click for the Beef Stroganoff Pot Pie recipe](#)

Beef Stroganoff Seasoning



- Get a taste of nostalgia with this classic, quick-to-make meal. Tender beef strips are sautéed with mushrooms and onions, then enveloped in a rich, creamy sauce.
- Served over tender egg noodles (or your preferred pasta), this dish is ready in under 20 minutes—all in one pot!
- Rich, beefy, umami and a little tart thanks to the sour cream.
- Spice level: Low.
- If you can't find pre-sliced beef strips at the grocery store, buy a good quality beef steak and slice it into strips to stir fry
- For better flavour, let your beef strips marinate in the soy sauce, Worcestershire sauce and seasoning for longer time so that the flavour gets through to the beef.
- Add some baby spinach while cooking to make it a one-pot, complete meal.
- Swap beef strips for lean ground beef. Replace sour cream with 2% plain Greek yogurt.
- Swap beef for chicken to make creamy mushroom chicken.
- Makes 6 servings.



Simply the Zest Chicken Dinner



Total Time
20 min



Makes
4 servings



Cost per serving
\$4.34 (CA) \$3.69 (US)

In a pickle for dinner? Grab a Sheet Pan. It's large enough to hold the main attraction, plus some sides, without leaving a pile of cleanup. You'll love how the lemony blend infuses food with zesty, herby flavour, without a single squeeze of fresh lemon. This recipe features green beans, which are an affordable, low-calorie veggie; they're also high in fibre to help you stay fuller, longer. This is basic at its best.

INGREDIENTS

- 1 bell pepper
- 1 lb (450 g) boneless, skinless chicken thighs
- 4 cups broccoli florets
- ½ lb (225 g) trimmed green beans
- 2 tbsp oil
- 1 pkg Lemon Chicken Orzo Seasoning

INSTRUCTIONS

- 1.** Preheat oven to 450° F. Line Sheet Pan with Sheet Pan Liner.
- 2.** Slice pepper. In a large bowl, combine pepper, chicken, broccoli, green beans, oil, and seasoning; toss until well coated.
- 3.** Arrange in a single layer on pan. Roast 18 min, or until chicken is cooked through and veggies are tender.

TIP Streamline cooking and make Steamer Mashed Potatoes in the microwave while the chicken 'n veggies roast in the oven. Hands-off cooking!

Perfectly Balance Your Plate: Serve with 1 cup mashed potatoes.

Per serving: Calories 280, Fat 14 g (Saturated 2.5 g, Trans 0.1 g), Cholesterol 105 mg, Sodium 300 mg, Carbohydrate 16 g (Fibre 4 g, Sugars 6 g), Protein 23 g.



[Click for the Gnocchi with Creamy Lemon Sauce recipe](#)

Lemon Chicken Orzo Seasoning



- Citrusy lemon meets rich, herbaceous flavours of basil and parsley, plus nutritional yeast for added nutrients! Free from garlic, soy, onion, and dairy.
- A better-than-takeout meal ready in only 20 minutes! Whip it up in the Sauté Pan.
- One pack makes up to 6 servings, so you can have leftovers for lunch the next day.
- Use the dry mix to season burgers, meatloaf, and other proteins.
- Blend it with olive oil and fresh lemon juice and serve as a vinaigrette.



One Pan Chicken Lasagna



Total Time
20 min



Makes
4 servings



Cost per serving
\$3.87 (CA) \$3.29 (US)

Serve up lazy lasagna in just 20 minutes! No more time-consuming layering or baking to worry about with this dish. Dinner is served as quick as a flash in the pan, literally. But, there's nothing lazy about the flavour here: creamy sauce; gooey, cheesy topping; and tender noodles cooked to perfection.

INGREDIENTS

- 1 pkg Marry Me Chicken Seasoning
- 1¼ cups water
- ½ cup half and half cream (10%)
- 1 tsp oil
- 1 lb (450 g) lean ground chicken
- 6 oven-ready lasagna noodles
- 1 cup grated mozzarella

Toppings (optional): basil leaves, chili flakes

INSTRUCTIONS

- 1.** In a bowl, whisk together seasoning, water, and cream. Set aside.
- 2.** Heat oil in **Sauté Pan** over medium-high heat. Add chicken; cook 3 min, breaking up meat.
- 3.** Stir in reserved seasoning mixture. Coarsely break lasagna noodles into 1–2" pieces; add to pan.
- 4.** Reduce heat to medium-low. Cover and cook 12–13 min, stirring occasionally, until noodles are tender. Reduce heat to low if liquid is bubbling too vigorously.
- 5.** Top with cheese. Cover with lid until melted, 1 min. Add toppings, if desired.

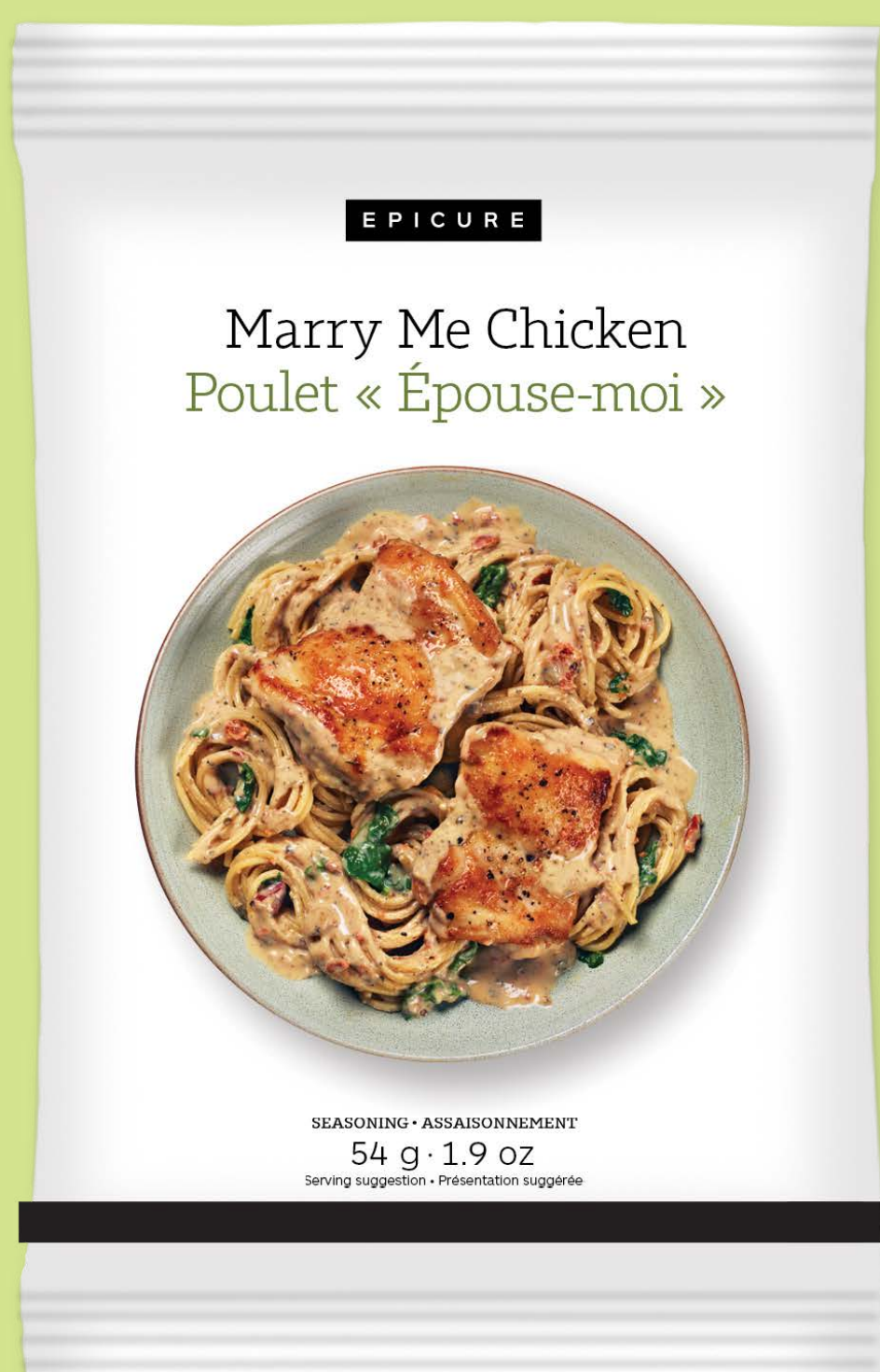
Perfectly Balance Your Plate: Serve with 2 cups leafy greens with a drizzle of balsamic vinegar.

Per serving: Calories 500, Fat 23 g (Saturated 10 g, Trans 0.1 g), Cholesterol 135 mg, Sodium 500 mg, Carbohydrate 39 g (Fibre 3 g, Sugars 3 g), Protein 36 g.



Click for the Marry Me Chicken Pasta recipe

Marry Me Chicken Seasoning



- This one-pan meal is creamy and decadent, with bursts of tomato flavour and notes of basil in every bite.
- It's perfect for special occasions, holiday feasts, or weeknight dinners when you want to feel a little fancy without spending hours in the kitchen—in fact, it's ready in 15 minutes!
- This versatile blend is great with chicken, salmon, seafood, and pork—or make it as a sauce to serve with other dishes.
- Top the finished dish with more Parmesan cheese for extra flavour.
- Cook beyond the pack: Make the sauce and use it as a pasta sauce or sauce for raviolis or gnocchi.
- Add tomato paste to the dish for a rosier colour and extra tomato flavour.
- Use fresh basil instead of spinach at the end of cooking for extra flavour.
- Makes 4 servings.



Smothered Chicken



Total Time
17 min



Makes
4 servings



Cost per serving
\$2.53 (CA) \$2.15 (US)

We love a one-pan meal made in under 20 minutes! This Southern sensation has tender chicken thighs simmering away in gravy goodness. Pro tip: when you've got gravy this good, serve everything over mashed potatoes to soak up all the goodness in gluten-free bliss.

INGREDIENTS

- 1 pkg Swedish Meatball Seasoning
- 1¼ cups water
- ¼ cup milk, your choice
- 1 tsp soy sauce
- 1 tbsp oil
- 1 lb (450 g) boneless, skinless chicken thighs
- Salt and pepper, to taste

INSTRUCTIONS

- 1.** In a bowl, combine seasoning, water, milk, and soy sauce. Set aside.
- 2.** Heat oil in **Sauté Pan** over medium-high heat. Season chicken with salt and pepper; add to pan. Sear 3–4 min per side until golden brown. Remove from pan and cover to keep warm; set aside (it's okay if they're not fully cooked yet). Do not clean pan.
- 3.** Reduce heat to low. Add reserved seasoning mixture. Stir constantly until slightly thickened, making sure to scrape up all the bits from the bottom of the pan.
- 4.** Return chicken to pan and turn to coat in gravy. Cover and cook 4–5 min, stirring occasionally, or until chicken is cooked through.

TIP Make it a mushroom gravy: after removing chicken from the pan, add 2 cups sliced mushrooms and cook until softened. Then, continue making gravy as directed.

Per serving: Calories 200, Fat 12 g (Saturated 2.5 g, Trans 0 g), Cholesterol 75 mg, Sodium 150 mg, Carbohydrate 1 g (Fibre 0 g, Sugars 1 g), Protein 22 g.



Click for the Swedish Meatball Subs recipe

Swedish Meatball Seasoning



- Just like IKEA, there's some assembly required to whip up these kid-friendly, tender, pork meatballs, tossed in a mild, creamy gravy. But, unlike putting together a bed frame, there's zero stress here!
- This fool-proof, one-pan meal is great for busy weeknights and comes together in a quick 20 minutes.
- Swedish Meatball Seasoning is all about simplicity, featuring an all-in-one meatball seasoning and gravy mix.
- Spice level: Low.
- Use your favourite Epicure Broth instead of water to make a richer gravy.
- Be careful not to overmix the ground meat mixture. This will lead to tougher meatballs.
- Add 1 egg to the ground pork mixture for more airy, tender meatballs (optional).
- Swap lean ground beef for pork but omit oil from recipe (ground beef releases more oil in the pan).
- Makes a thick gravy. Thin it out with splashes of hot water to get to desired consistency.
- Skip the meatballs and make the whole package into gravy to use over potatoes, roasted chicken or turkey, Salisbury steak, poutine, hot sandwiches, chicken pot pie or shepherd's pie.
- 4 servings per package.



Chocolate Chip Cookie Bars



Total Time
20 min



Makes
16 servings



Cost per serving
\$0.50 (CA) \$0.43 (US)

Cookies bars can be a fun twist on the classic treat, keeping all the ooey gooey goodness of a chocolate chip cookie without all the scooping and rolling (read: stickiness!). Try dividing the dough in half or into quarters, then stir different mix-ins into each batch before you press them into the Steamer. This way, everyone gets their fave flavours!

INGREDIENTS

- 1 pkg Smart Cookie Mix
- ¼ cup unsalted butter, softened
- 1 egg
- ½ tsp vanilla extract
- ½ cup chocolate chips

Toppings (optional): M&M's, crushed chocolate bars, chopped pecans, dried cranberries, or pumpkin seeds

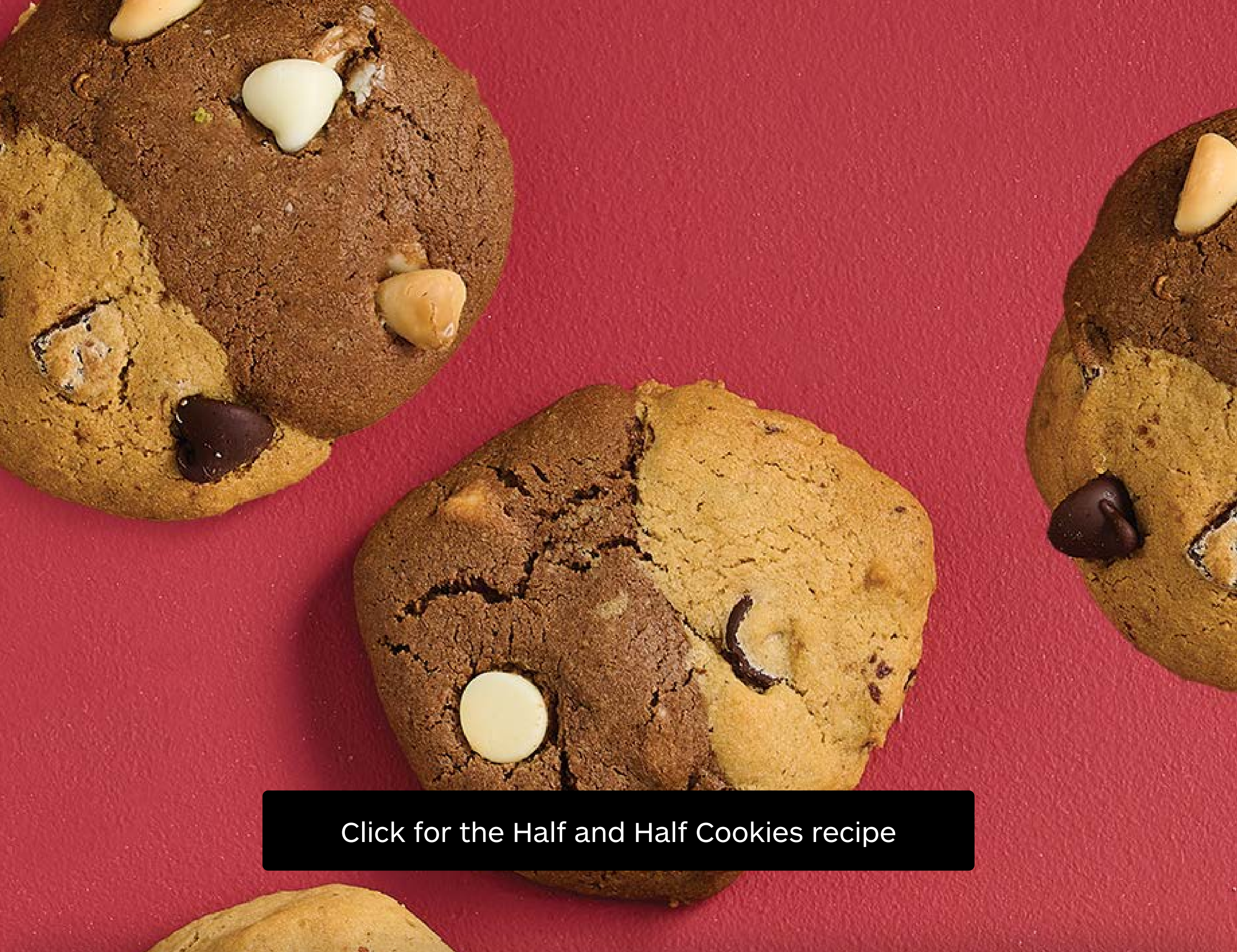
INSTRUCTIONS

1. Preheat oven to 350° F. Lightly oil Square Steamer.
2. In a large bowl, using a stand mixer (with paddle attachment) or hand mixer, beat mix with butter, egg, and vanilla extract on low until well combined. Fold in chocolate chips.
3. Transfer dough to Steamer. Using a butter knife, spread dough out to the edges of the Steamer (it will be sticky). Sprinkle on toppings, if desired, then use a spatula or the palm of your hand to gently press the toppings into the dough.
4. Bake, uncovered, 16–18 min, or until dough is set and the edges are lightly golden and start to pull away from the Steamer. Let cool completely before slicing into 16 bars.

TIPS To slice bars, use a butter knife, thin spatula, or flipper to avoid damaging the silicone steamer.

To make protein cookies bars, add 1 scoop Power Up Protein Blend of your choice to the batter, along with an extra 2 tbsp butter and ½ tsp water to moisten.

Per serving: Calories 110, Fat 5 g (Saturated 3 g, Trans 0.2 g), Cholesterol 20 mg, Sodium 100 mg, Carbohydrate 17 g (Fibre 1 g, Sugars 9 g), Protein 1 g.



[Click for the Half and Half Cookies recipe](#)

Smart Cookie Mix



- Unbelievably tasty, gluten-free cookie dough with a neutral base so you can bake up cookies to accommodate any allergens, dietary constraints, preferences—and occasions!
- Smart Cookie dough is slightly sweet with notes of caramel to provide a neutral base for any kind of cookie you want to create.
- Make chocolate chip, oatmeal raisin, and white chocolate macadamia cookies—or just about any combo you’re craving.
- Get your kids involved in the baking process to let their inner baker shine!
- Only one bowl required so clean-up is a breeze.
- No need to let the dough chill or rest. Mix it up, and it’s ready!
- Use cold eggs & softened butter for best results.
- Makes 12 servings per package.

**EPIC
BOX**

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