



EPICURE™

# Fall in Love with Italy

Create effortless, Italian-inspired meals with the **February Epic Box**—“*buon appetito*” with all the flavour and none of the fuss! And, enjoy a little heat with **NEW** and **EXCLUSIVE** Cincinnati Chili Seasoning! It's Heart Health Month, so show your ticker some love with sodium-conscious meals.



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Boost your kitchen confidence with help from the February Epic Box.

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Chili de Cincinnati



EXCLUSIVE

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Rosée



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## Chocolate Cake

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# Chili Cheese Hot Dip

14 min | 3½ cups | Cost per serving: 0.26 CA/0.22 US

Score big on game day with this rich ‘n cheesy dip. It’ll be a taste bud touchdown, and give your appy spread an extra “kick.” Use lean ground beef and remove any excess oil after cooking; this simple step will make sure there isn’t any unwanted greasiness in your dip. Serve with a spoon... uh... we mean crackers or veggie sticks!

## Ingredients

1 lb (450 g) lean ground beef  
1 pkg **Cincinnati Chili Seasoning**,  
divided  
1 tbsp tomato paste  
1 brick (8 oz/250 g) cream cheese  
½ cup light mayonnaise  
¼ cup milk, your choice  
½ cup shredded cheddar cheese  
**Toppings** (optional): diced white onion,  
kidney beans

## Instructions

1. In **Square Steamer**, combine ground beef with half of the seasoning and tomato paste. Cover; microwave on high 4 min, or until beef is cooked through.
3. Meanwhile, cut cream cheese into cubes. In a bowl, using a hand or standing mixer, beat cream cheese cubes on medium until smooth, scraping down sides of bowl as needed. Beat in mayo, milk, and remaining seasoning until evenly combined.
4. Carefully strain excess liquid from steamer. Scrape cream cheese mixture into steamer; stir to evenly combine with ground beef. Sprinkle cheese on top.
5. Microwave, uncovered, on medium (power 50%) for 5 min, until heated through and cheese has melted. Or, place on ¼ **Sheet Pan** and bake, uncovered, in preheated 350° F oven 12–15 min.
6. Add toppings, if desired. Serve warm with pita wedges, crackers, or sliced veggies.

Per serving (1 tbsp): Calories 40, Fat 3 g (Saturated 1.5 g, Trans 0 g), Cholesterol 10 mg, Sodium 70 mg, Carbohydrates 1 g (Fibre 0 g, Sugar 0 g), Protein 2 g.

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## Cincinnati Chili Seasoning

- Sweet, savoury, and subtly spicy. This blend features the warming spices of cinnamon, clove and allspice.
- More of a meaty topping than a traditional stew. Traditionally served piled on spaghetti with tons of toppings.
- Great for game day!
- It's important to use lean ground beef vs. regular to prevent oil slicks. Hack: Prep ahead and cool. If you have oil slicks, they're easy to pick out and discard when cool.
- Chili is best cooked uncovered to help liquid evaporate.
- For a smoother texture use an immersion blender to thicken.
- Got leftovers? Swirl into Mac & Cheese, blend with rice and make stuffed peppers, or use as a filling for tacos or burritos.
- Spoon over nachos or make a platter loaded fries.
- 1 pkg makes 6 cups/12 servings.



# Pappardelle Pasta with Creamy Alfredo Sauce

20 min | 4 servings | Cost per serving: 1.96 CA/1.44 US



A velvety smooth Alfredo sauce with a not-so-secret ingredient: cottage cheese! Packed with protein and calcium, cottage cheese is transformed into a luxurious sauce that clings to every strand of pasta. A simple way to pack in the protein, without having to cook any meat.

## Ingredients

1 pkg (8 oz/225 g) Pappardelle pasta  
2 cups 2% cottage cheese  
1 cup 2% milk  
1 pkg **Alfredo Sauce Mix**  
1 tbsp **Balsamic Vinaigrette Dressing Mix** or **Italian Seasoning**  
4 cups baby spinach or kale, shredded  
2 cups mushrooms, chopped

## Instructions

1. In a large pot, cook pasta according to package directions.
2. While pasta is cooking, combine cottage cheese and milk in a blender.
3. Add Alfredo Sauce Mix and Balsamic Vinaigrette Dressing Mix to blender and blend.
4. Drain pasta and set aside. Add sauce, shredded greens, and chopped mushrooms to empty pasta pot; sauté 2–3 min. Add pasta and heat for 2–3 min. Serve and enjoy!

**Per serving:** Calories 410, Fat 7 g (Saturated 3.5 g, Trans 0 g), Cholesterol 25 mg, Sodium 730 mg, Carbohydrate 59 g (Fibre 4 g, Sugars 8 g), Protein 26 g.

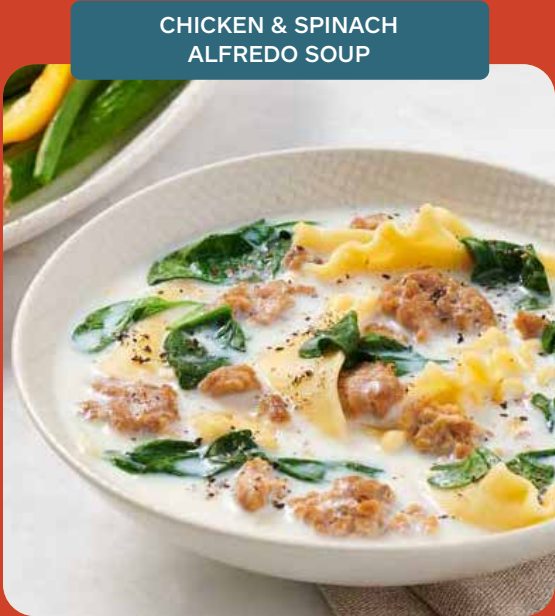
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## Alfredo Sauce Mix

- Luxurious, creamy sauce for pasta, seafood, fish, casseroles, broccoli, and chicken.
- Alfredo indulgence without all the calories.
- So easy to make—just add milk, then heat & toss with pasta.
- Ready in less than 5 minutes in the microwave!
- 1 pkg makes 1½ cups of sauce.



CHICKEN & SPINACH  
ALFREDO SOUP



FLORENTINE STYLE CHICKEN  
ALFREDO



ALFREDO LIME CHICKEN PASTA

# Crispy Mushroom Pesto Rice

47 min | 6 servings | Cost per serving: 1.39 CA/1.18 US



Here's a gourmet remix for your usual rice routine, no extra effort required. It might be even more hands off than cooking rice on the stovetop, if you can believe it. No fuss, no hassle—just a satisfying weekday, one-dish wonder.

## Ingredients

1 pkg **Creamy Pesto Parmesan Chicken Skillet Sauce Mix**  
2 cups sliced mushrooms, such as cremini  
1 cup uncooked white rice  
4 cups prepared **Nourish Broth** or **Vegetable Broth**  
¼ cup unsalted butter

## Instructions

1. Preheat oven to 450° F.
2. Place sauce mix, mushrooms, and rice in a 9" x 13" baking dish; stir to combine. Pour broth overtop. Slice butter into equal pats and arrange overtop.
3. Bake uncovered 45 min, or until liquid is absorbed.

**Tip:** Serve with 4 oz (113 g) lean protein and 1 cup steamed veggies.

**Per serving:** Calories 250, Fat 9 g (Saturated 6 g, Trans 0.5 g), Cholesterol 25 mg, Sodium 170 mg, Carbohydrate 3 g (Fibre 1 g, Sugars 1 g), Protein 6 g.

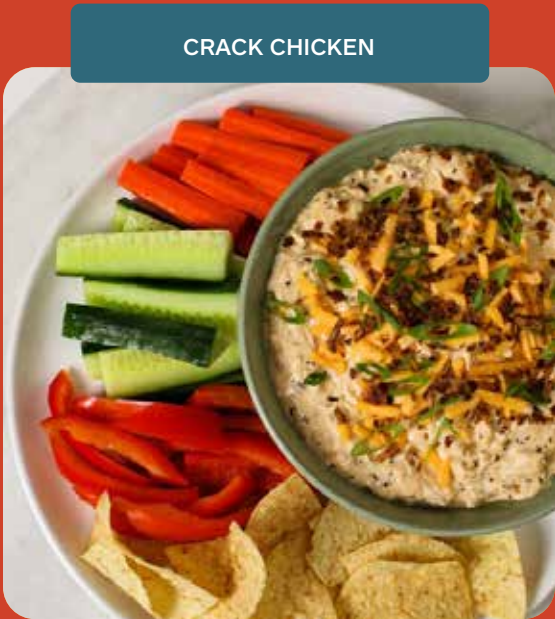
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## Creamy Pesto Parmesan Chicken Skillet Sauce Mix

- Rich, creamy, and garlicky with notes of sweet basil.
- Made with real Parmesan cheese.
- Go beyond chicken—use it on fish, pork chops, tofu, or other family favourites.
- Use it as a base for casseroles, seasonal veggies, or make a creamy pesto parmesan dip.



CRACK CHICKEN



FISH WITH CREAMY PESTO SAUCE



PARMESAN PESTO WHITE BEAN & KALE SOUP

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# Chicken Parm Sandwiches

28 min | 8 servings | Cost per serving: 3.30 CA/2.81 US



Italian Meatball Seasoning cleverly doubles as a gluten-free breading with all the classic flavours of Italian herbs. We like our sammies spread with a little **Roasted Garlic Aioli**.

## Ingredients

2 lbs (900 g) boneless, skinless chicken breasts, about 4  
¼ cup mayonnaise or plain 2% Greek yogurt  
1 pkg **Italian Meatball Seasoning**  
8 buns  
2 cups prepared **Marinara Sauce**  
½ cup mozzarella  
2 cups arugula or baby spinach

## 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. To thinly slice chicken, place one hand on one breast and press down firmly. Curve fingers up slightly for safety. Carefully slice meat horizontally. Repeat with remaining chicken. You should have eight pieces in total.
3. In a bowl, toss chicken with mayo.
4. Place seasoning in a shallow dish. Using tongs or your hands, add chicken one piece at a time, rotating and pressing to coat with seasoning.
5. Place chicken on racks, leaving some space between each piece. Bake 15 min.
6. Remove pan from oven and top each chicken with ¼ cup sauce and 1 tbsp cheese. Bake for an additional 5 min, or until chicken is cooked.
7. Split and toast buns, if desired. Divide arugula between bottom halves of split buns; top each with a piece of chicken and cover with top bun.

**Per serving:** Calories 400, Fat 12 g (Saturated 3 g, Trans 0.1 g), Cholesterol 90 mg, Sodium 750 mg, Carbohydrates 37 g (Fibre 3 g, Sugar 7 g), Protein 29 g.

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## Italian Meatball Seasoning

- The juiciest, most tender meatballs ever!
- Simple, comforting, and packed with flavour, featuring notes of garlic, onion, black pepper, oregano, and basil.
- Gluten and dairy free blend. Not vegan (the rice breading contains honey).
- 1 pkg makes 32 meatballs. Make a big batch and freeze them to use whenever you're craving meatballs.
- Mix seasoning with melted butter and sprinkle over mac & cheese or your favourite casseroles before baking.
- Season burgers or meatloaf.
- Use the seasoning as a gluten-free breadcrumbs for chicken, fish, or porkchops.



LIGHTEN UP CARBONARA



ENGLISH MUFFIN PIZZAS

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# Pizza Egg Bites

20 min | 6 servings | Cost per serving: 1.03 CA/0.88 US

Are you a fan of pizza? And breakfast? Well, we've got some good news for you! With just a few simple ingredients, you can whip up this satiating breakfast without breaking the bank. Not to mention eggs are an amazing source of protein! Make these ahead for the easiest, cheesiest grab-and-go breakfast ever.

## Ingredients

10 eggs

2 tbsp **Pizza Seasoning**

½ cup grated cheddar cheese

**Fillings** (optional): ham and pineapple, or chopped sundried tomatoes and spinach. Reimagine your favourite pizza toppings as fillings!

## Instructions

1. Preheat oven to 400° F. Lightly oil **Muffin Makers** and place on **Sheet Pan**.
2. In a bowl, whisk eggs and seasoning. Pour into muffin cavities, filling each about  $\frac{3}{4}$  full. Sprinkle with cheese and add your chosen fillings, if desired.
3. Bake 15 min or until eggs are set. Let cool slightly before removing from cavities.
4. If making ahead, refrigerate up to 5 days or freeze up to 1 month.

**PERFECTLY BALANCE YOUR PLATE:** Serve with 1 cup berries and 1 slice of whole grain toast with 1 tsp butter.

**Tip:** If storing in the freezer, reheat by first defrosting in the fridge overnight and then microwaving for 20 sec on high until warmed through. Or, place in a toaster oven and bake at 350° F for 10 min.

Per serving (2 egg bites): Calories 170, Fat 12 g (Saturated 4.5 g, Trans 0.1 g), Cholesterol 320 mg, Sodium 170 mg, Carbohydrate 2 g (Fibre 0 g, Sugars 1 g), Protein 13 g.

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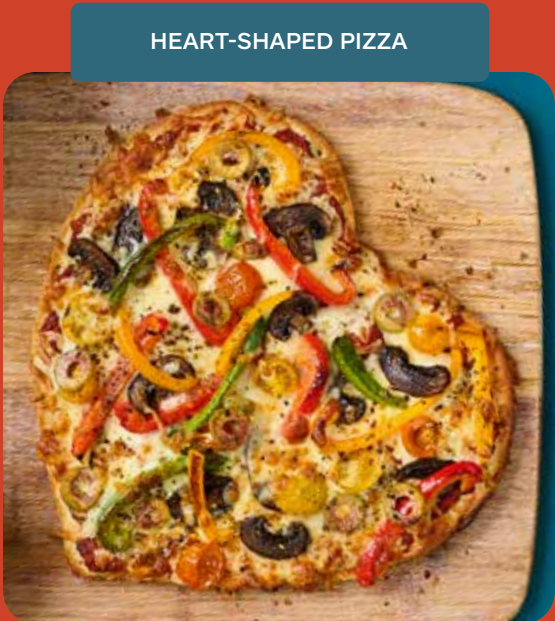


## Pizza Seasoning

- This blend delivers the nostalgic flavours and the feeling of eating pizza, with notes of basil, oregano, garlic, tomato, and green bell peppers with loads Parmesan. And a mild whisper of chili, too!
- Use as a topper for homemade or takeout pizza, pasta, or creamy soups.
- Stir into tomato sauce.
- Mix with cream cheese to use on grilled cheese, tuna or egg sandwiches.
- Toss with olive oil to drizzle over baked flatbreads.



BURST CHERRY TOMATO PASTA



HEART-SHAPED PIZZA



SHEET PAN PIZZA

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# Shrimp alla Vodka

20 min | 6 servings | Cost per serving: 2.73 CA/2.32 US



Here's our take on Gigi Hadid's famous Spicy Vodka Pasta. We've turned down the heat for you for a kid-friendly dish. Choose any size shrimp you want—fresh or frozen works. We're all about those jumbo ones: they're succulent and fork-friendly. Or, swap shrimp for your favourite seafood, like clams or mussels.

## Ingredients

3 cups uncooked pasta shells or bowties  
1 lb (450 g) uncooked, jumbo peeled shrimp (defrosted, if frozen)  
Salt & black pepper, to taste  
1 tbsp **Lemon Dilly** or **Herb & Garlic Dip Mix**, optional  
1 tbsp oil  
1 ½ cups milk, your choice  
1 pkg **Rosée Sauce Mix**  
1 can (6 oz/156 ml) tomato paste, about ½ cup  
3 tbsp vodka, optional

**Toppings** (optional): grated parmesan cheese, chopped fresh parsley or basil

## Instructions

1. In a large pot, cook pasta according to package instructions. Drain.
2. Season shrimp with salt and pepper, and dip mix, if using. Heat oil in a sauté pan over medium-high heat. When hot, add shrimp; stir-fry until cooked through, 2–3 min. Place in a bowl; cover to keep warm.
3. Don't wash sauté pan. Add milk; stir in sauce mix, tomato paste, and vodka, if using. Bring to a simmer over medium heat, stirring constantly. Reduce heat to low; simmer gently for 3 min, or until very thick.
4. Return pasta to pot; add shrimp and sauce. Stir noodles, shrimp, and sauce until everything is evenly coated.
5. Spoon into bowls; add toppings, if desired.

**PERFECTLY BALANCE YOUR PLATE:** Serve with 2 cups leafy greens and 1 tbsp **Epicure Dressing**.

**Tip:** Reserve some pasta water when draining the pasta. If your sauce is too thick, gradually stir in the reserved pasta water, ¼ cup at a time, to thin it out.

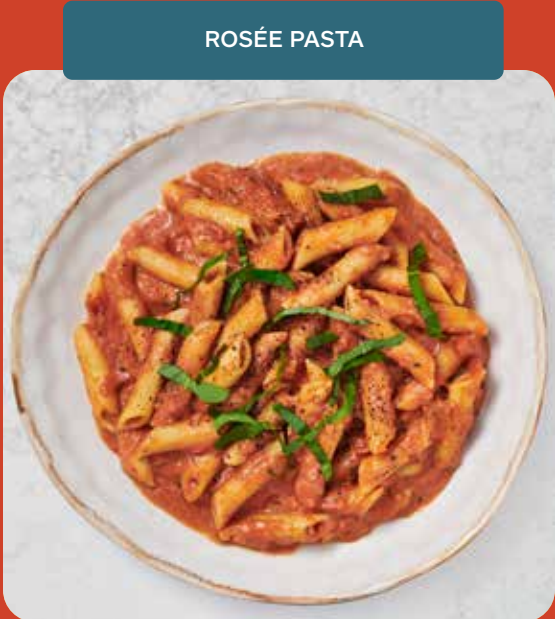
**Per serving:** Calories 350, Fat 6 g (Saturated 2 g, Trans 0.1 g), Cholesterol 130 mg, Sodium 350 mg, Carbohydrate 48 g (Fibre 3 g, Sugars 9 g), Protein 27 g.

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### Rosée Sauce Mix

- A creamy sauce with a rich tomato flavour.
- Family-friendly.
- Sweet basil with tangy, vibrant tomatoes, mild garlic undertones, and cheese that brings a velvety, luxurious smoothness.
- Toss with noodles; use as a pizza sauce; simmer with chicken, shrimp, scallops, fish fillets, or sliced pork tenderloin; or use as a dipping sauce for chicken fingers, mozzarella sticks, sliced bread, and more!
- 1 pkg makes 2 cups of sauce.



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# Heart-Melting Chocolate Cupcakes

30 min | 12 servings | Cost per serving: 0.74 CA/0.63 US



Cupcakes or ice cream? What a sweet dilemma. Well, why not both? This V-Day, share the chocolatey love with someone special or at a party. Prep your cupcakes in advance and let the fun begin! Serve 'em alongside an ice cream bar so your guests can choose their fave ice cream, syrups, and sprinkles as toppings. It's an interactive dessert for kids of all ages!

## Ingredients

- 1 pkg **Chocolate Cake Mix**
- 1 egg
- ½ cup milk, your choice
- ¼ cup oil + more for brushing
- 1 tsp vanilla extract
- ½ cup boiling water
- 3 cups ice cream, your choice
- ¼ cup chocolate syrup
- 2 tbsp heart-shaped sprinkles

## Instructions

1. Lightly brush **Muffin Makers** with oil.
2. In a large bowl, with an electric mixer, beat cake mix with egg, milk, oil, and vanilla for 2 min on medium. Gently stir in boiling water until smooth (batter will be thin).
3. Divide batter evenly into pans, filling cavities about ¾ full.
4. In two batches, microwave on high for 2 min 30 sec. Rest in pan 5 min; invert onto wire rack to cool. Or, bake in preheated 350° F oven 15–18 min. Cool in pan 10 min, then unmold.
5. When completely cool, scoop ¼ cup ice cream over each cupcake. Drizzle with syrup and top with sprinkles. Serve immediately.

**Per serving:** Calories 260, Fat 10 g (Saturated 4 g, Trans 0 g), Cholesterol 30 mg, Sodium 270 mg, Carbohydrates 36 g (Fibre 2 g, Sugar 24 g), Protein 4 g.

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## Chocolate Cake Mix

- Moist, fluffy, classic chocolate cake. And, it's gluten free!
- Elevate birthday parties, Friday date nights, and weekend dinners.
- Ready in less than 10 minutes in the microwave.
- Vegan blend—make a vegan cake by swapping in vegan alternative ingredients.
- Grab an electric beater for this one—you need to beat in some air!
- Batter will be thin – don't stress; it's supposed to be!

### CHOCOLATE DUMP CAKE

