

# E P I C U R E <sup>TM</sup>



**3-WEEK DINNER  
COLLECTION  
RECIPES 2019/20**

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# FETTUCCHINE ALFREDO



**TOTAL TIME:** 10 min



**MAKES:** 6 servings



**COST PER SERVING:** \$0.90

## RECIPE TIP

Layer in extra flavor—stir in 2 tbsp **Pesto Sauce** before tossing with noodles.

## MAKE IT A PERFECTLY BALANCED PLATE

Serve with 4 oz (113 g) lean protein and 1 cup mixed veggies with 2 tsp prepared Epicure dip.

- 1 pkg **Alfredo Sauce Mix**
- 1½ cups milk
- 6 cups cooked pasta, your choice

## Microwave:

1. In a 4 cup microwaveable bowl or **Multipurpose Steamer**, combine mix with milk. Microwave on high, 4–5 min, whisking halfway through or until thickened.

## Stovetop:

1. Combine mix with milk in a saucepan. Whisking constantly, bring to a boil over medium-high; reduce heat and simmer 3 min, or until thickened.
2. Combine prepared sauce with your choice of cooked pasta.

**Per ¼ cup prepared sauce:** Calories 60, Fat 2.5 g, Saturated Fat 1.5 g, Transfat 0.1 g, Cholesterol 10 mg, Sodium 170 mg, Carbohydrate 6 g (Fiber 0 g, Sugars 1 g), Protein 3 g

# GARDEN CHICKEN ALFREDO



TOTAL TIME: 20 min



MAKES: 6 servings



COST PER SERVING: \$2.41

## RECIPE TIP

Make this recipe and more using the **Good Italian. Real Fast.™ Meal Kit.**

## THIS IS A PERFECTLY BALANCED PLATE

1 pkg (1 lb/450 g) pasta, your choice  
1 lb (450 g) boneless, skinless chicken breast  
1 small head broccoli  
1 small zucchini

2 tsp **Marinara Sauce Mix**  
1 pkg **Alfredo Sauce Mix**  
1½ cups 2% milk  
½ pint cherry tomatoes  
Grated Parmesan cheese, to taste, optional

1. Cook pasta according to package directions.
2. Meanwhile, cut chicken into bite-sized pieces. Chop broccoli into bite-sized pieces and slice zucchini into thin rounds. Place all in **Multipurpose Steamer**. Stir in Marinara Sauce Mix.
3. Cover; microwave on high, 3–5 min. Remove into a bowl and set aside.
4. Using the same steamer (don't wash it), combine Alfredo Sauce Mix with milk. Microwave, uncovered, on high for 4–5 min, whisking halfway through, or until thickened.
5. Meanwhile, slice cherry tomatoes in half.
6. Add cooked pasta, chicken, and veggies to sauce in steamer; stir to mix. Spoon into bowls and top with cheese, if desired.

**Per serving:** Calories 430, Fat 6 g (Saturated 2 g, Trans 0 g), Cholesterol 75 mg, Sodium 115 mg, Carbohydrate 55 g (Fiber 0 g, Sugars 3 g), Protein 38 g

# SALMON ALFREDO BOW TIES



**TOTAL TIME:** 20 min



**MAKES:** 4 servings



**COST PER SERVING:** \$1.19

## RECIPE TIP

Get more nutrients and fiber from your meal—add more veggies or 1–2 spiralized zucchini (try Epicure's **Veggie Twist & Spiral Slicer**).

## MAKE IT A PERFECTLY BALANCED PLATE

Serve with 1 cup arugula on top of each plate.

4 cups bow tie pasta  
2 cups snow peas, chopped  
½ cup frozen peas  
1 pkg **Alfredo Sauce Mix**

1½ cups milk  
2 cans (6 oz/170 g each)  
sockeye salmon, drained

1. In a **Multipurpose Pot**, cook pasta according to package directions. Stir in snow peas and frozen peas for last 1 min of cooking. Strain and reserve 1 cup pasta cooking water.
2. Meanwhile, in a sauté pan, combine sauce mix with milk. Whisking constantly, bring to a boil over medium-high, reduce heat, and simmer 3 min or until thickened.
3. Stir in drained pasta, peas, and salmon. If needed, stir in some of the reserved pasta cooking water, a little at a time, to reach desired consistency.

**Per serving:** Calories 450, Fat 16 g, Saturated Fat 4.5 g, Transfat 0 g, Cholesterol 90 mg, Sodium 440 mg, Carbohydrate 27 g (Fiber 0 g, Sugars 11 g), Protein 48 g

# BEEF CHILI TACOS



**TOTAL TIME:** 25 min



**MAKES:** 4 servings



**COST PER SERVING:** \$2.01

## RECIPE TIP

Skip the tortillas and make a taco salad with all the toppings.

## MAKE IT A PERFECTLY BALANCED PLATE

Serve with 3 tbsp prepared Guacamole dip and 1 cup veggies.

½ tsp oil

1½ lb (675 ml) lean ground beef

1 pkg **Taco Seasoning**

1 cup water

8 corn tortillas

**Toppings (optional):** Grated cheese, shredded lettuce, sliced radish, pickled red onion rings, pickled jalapeños, lime wedges, salsa, guacamole (try Epicure's **Poco Picante Salsa Mix** or **Guacamole Dip Mix**)

1. Heat oil in a fry pan over medium-high heat. Add beef and brown.
2. Stir seasoning mix with water; pour over beef. Stir often, until thickened, 5 min.
3. Place 2 tortillas on each plate. Divide beef mixture on top of each. Garnish with toppings, if desired.

**Per serving (2 tacos):** Calories 440, Fat 19 g Saturated Fat 7 g, Trans fat 0.5 g, Cholesterol 90 mg, Sodium 260 mg, Carbohydrate 29 g (Fiber 4 g, Sugars 0 g), Protein 38 g

# CHILI BAKED SWEET POTATO



TOTAL TIME: 20 min



MAKES: 4 servings



COST PER SERVING: \$0.44

## RECIPE TIP

Use ground beef, chicken, or turkey for the chili.

## MAKE IT A PERFECTLY BALANCED PLATE

Serve with 1 cup each mixed greens and chopped veggies, ½ cup chickpeas and 2 tsp Epicure salad dressing.

2 large sweet potatoes, halved  
½ recipe prepared **Cha Cha Chili**  
¼ cup grated cheese

**Toppings (optional):** Diced avocado, pickled jalapeños, sliced red or green onion, chopped fresh cilantro

1. In a **Multipurpose Steamer**, microwave sweet potato halves for 6 min.
2. Meanwhile, in a fry pan on medium-low heat, warm chili until heated through.
3. Spoon over baked potato halves; garnish with cheese and toppings, if desired.

**Per serving:** Calories 120, Fat 25 g, Saturated Fat 15 g, Transfat 0 g, Cholesterol 10 mg, Sodium 80 mg, Carbohydrate 19 g (Fiber 3 g, Sugars 6 g), Protein 4 g

# TANGY VEGGIE CHILI



TOTAL TIME: 20 min



MAKES: 4 servings



COST PER SERVING: \$2.62

## RECIPE TIP

Prep ahead with a double batch of chili; portion and freeze. Defrost in the microwave using a **Multipurpose Steamer**.

## MAKE IT A PERFECTLY BALANCED PLATE

Serve with 1 cup mixed greens and 1 tsp Epicure salad dressing.

- 1 tsp oil
- 1 pkg (7 oz/200 g) sliced mushrooms
- 1 red or green pepper, chopped
- 1 cup frozen corn kernels
- 1 can (19 oz/540 ml) low-sodium black beans, drained and rinsed
- 1 can (19 oz/540 ml) low-sodium chickpeas, drained and rinsed
- 1 can (28 oz/796 ml) diced tomatoes

½ cup sundried tomatoes packed in oil, coarsely chopped

- 1 pkg **Cha Cha Chili Seasoning**
- ½ cup water

**Toppings (optional):** Grated cheese, chopped green onions, sour cream, salsa, guacamole (try Epicure's **Poco Picante Salsa Mix** or **Guacamole Dip Mix**)

1. Heat oil in a fry pan over medium-high; add mushrooms. Cook, stirring frequently, 5 min.
2. Stir in pepper, corn, beans, chickpeas, tomatoes, seasoning, and water; simmer for 10 min, or until veggies are tender.
3. Spoon into bowls and garnish with toppings, if desired.

**Per serving:** Calories 400, Fat 4.5 g, Saturated Fat 0.5 g, Transfat 0 g, Cholesterol 0 mg, Sodium 890 mg, Carbohydrate 72 g (Fiber 19 g, Sugars 17 g), Protein 22 g



# CHICKEN MAC & CHEESE



**TOTAL TIME:** 14 min



**MAKES:** 4 servings



**COST PER SERVING:** \$2.11

## RECIPE TIP

Swap broccoli for cauliflower florets or frozen peas.

## MAKE IT A PERFECTLY BALANCED PLATE

Serve with 1 cup each mixed greens and veggies with 2 tsp Epicure salad dressing.

2 cups bite-sized pasta, your choice  
2 cups chopped broccoli florets  
½ lb (225 g) boneless, skinless chicken, cut into strips  
1 tbsp **Herb & Garlic Dip Mix** or **Nacho Cheese Dip Mix**

1 pkg **Mac & Cheese Seasoning**  
⅓ cup milk  
2 tbsp butter, optional

1. Cook pasta in a **Multipurpose Pot** according to package directions. Stir in broccoli for last 1 min of cooking.
2. While pasta is cooking, combine chicken and dip mix in a **Rectangular Steamer**. Cover and microwave on high, 4–6 min, or until cooked through.
3. Drain pasta and broccoli; return to pot. Stir in milk, seasoning, butter, and chicken. Stir to coat.

**Per serving:** Calories 330, Fat 12 g, Saturated Fat 6 g, Transfat 0 g, Cholesterol 75 mg, Sodium 470 mg, Carbohydrate 26 g (Fiber 1 g, Sugars 4 g), Protein 26 g

# MAC & CHEESE



**TOTAL TIME:** 13 min



**MAKES:** 4 servings



**COST PER SERVING:** \$0.81

## 3 WAYS WITH MAC & CHEESE

**MEXI MAC:** Stir in prepared **Poco Picante Salsa** and **Guacamole**.

**CHA CHA CHILI MAC:** Stir in 1 cup prepared **Cha Cha Chili**.

**ITALIAN MAC:** Stir in 1 cup prepared **Marinara Sauce**, baby spinach, and artichoke hearts.

## MAKE IT A PERFECTLY BALANCED PLATE

Serve with 1 cup steamed broccoli and 4 oz (113 g) tuna, chicken, or tofu.

2 cups bite-sized pasta, your choice

⅓ cup milk

1 pkg **Mac & Cheese Seasoning**

2 tbsp butter, optional

1. Cook pasta according to package directions in **Multipurpose Pot**. Drain and return to pot.
2. Stir in milk, seasoning, and butter (if desired). Stir to coat.

**Per Serving:** Calories 120, Fat 10 g, Saturated Fat 0 g, Transfat 0 g, Cholesterol 5 mg, Sodium 190 mg, Carbohydrate 22 g (Fiber 1 g, Sugars 4 g), Protein 5 g

# TUNA MAC & CHEESE



**TOTAL TIME:** 20 min



**MAKES:** 4 servings



**COST PER SERVING:** \$1.85

## RECIPE TIP

Swap tuna for a can of salmon or 1 lb cooked baby shrimp.

## MAKE IT A PERFECTLY BALANCED PLATE

Serve with 1 cup each mixed greens and chopped veggies, with 2 tsp Epicure salad dressing.

1¼ cups bite-sized pasta  
2 cups fresh or frozen broccoli florets  
1 pkg **Mac & Cheese Seasoning**  
2 tbsp milk  
1 tbsp **3 Onion Dip Mix**

1 tbsp **CCB Dip Mix**  
1 tbsp **Lemon Dilly Dip Mix**  
1 can (5 oz/142 g) low-sodium light tuna  
1 cup shredded low-fat cheese, divided

1. Preheat broiler to high.
2. Cook pasta in a **Multipurpose Pot** according to package directions. Stir in broccoli for last 1 min of cooking. Drain.
3. Add seasoning, dip mixes, and milk. Stir to combine.
4. Mix in tuna and half the cheese.
5. Transfer to a casserole dish, top with remaining cheese, and broil until cheese melts, about 2 min.

**Per serving:** Calories 300, Fat 7 g (Saturated 3.5 g, Trans 0 g), Cholesterol 30 mg, Sodium 620mg, Carbohydrate 33 g (Fiber 1 g, Sugars 4 g), Protein 27 g

# PULLED CHICKEN BREAKFAST TOSTADAS



TOTAL TIME: 20 min



MAKES: 4 servings



COST PER SERVING: \$1.64

## RECIPE TIP

Soft-boil your eggs instead of frying them. Six minutes is the perfect amount of time to achieve the soft-boiled egg of your dreams!

## MAKE IT A PERFECTLY BALANCED PLATE

Serve with 1 cup each mixed greens and chopped veggies, with 2 tsp Epicure salad dressing.

- 1 tsp oil
- 8 eggs
- 8 corn tostadas or tortillas
- 4 cup (1 L) baby spinach
- 2 cups shredded coleslaw mix
- 1 cup prepared **Pulled Chicken**, warmed

**Toppings (optional):** Shredded cheddar or crumbled feta, lime, salsa, guacamole (try Epicure's **Poco Picante Salsa Mix** or **Guacamole Dip Mix**)

1. Heat oil in a large fry pan over medium heat; crack in eggs. Fry until whites are set and yolk is done to your liking.
2. Arrange two tostadas on each plate. Top with spinach, coleslaw, and warm chicken.
3. Place eggs on tostadas. Garnish with toppings, if desired.

**Per serving (2 tostadas & 2 eggs):** Calories 360, Fat 13 g, Saturated Fat 35 g, Transfat g, Cholesterol 365 mg, Sodium 360 mg, Carbohydrate 33 g (Fiber 2 g, Sugars 7 g), Protein 28 g

# PULLED CHICKEN NOURISH BOWL



TOTAL TIME: 10 min



MAKES: 2 servings



COST PER SERVING: \$4.52

## RECIPE TIP

Nourish bowls love leftovers. Cook up a double batch of rice in the **Multipurpose Steamer**; portion and freeze to use up throughout the week.

## THIS IS A PERFECTLY BALANCED PLATE

4 cup mixed greens  
1 cup prepared **Pulled Chicken**, warmed  
1 cup cherry tomatoes, halved  
1 red pepper, diced  
¼ cup cooked grains, such as brown rice or quinoa

¼ cup cooked black or kidney beans  
¼ cup grated cheddar or Monterey Jack cheese  
2 tbsp prepared **Balsamic Vinaigrette**, or your favorite Epicure dressing

1. Arrange first seven ingredients in two serving bowls.
2. Drizzle with dressing.

**Per serving:** Calories 370, Fat 9 g, Saturated Fat 4 g, Transfat 0 g, Cholesterol 85 mg, Sodium 510 mg, Carbohydrate 38 g (Fiber 2 g, Sugars 19 g), Protein 37 g

# PULLED CHICKEN SOUP



**TOTAL TIME:** 20 min



**MAKES:** 6 servings



**COST PER SERVING:** \$1.95

## RECIPE TIP

Get more protein and fiber from your meal—swap rice for cooked quinoa.

## MAKE IT A PERFECTLY BALANCED PLATE

Serve with 1 cup mixed veggies and 1 tbsp Epicure dip.

1 can (28 oz/796 ml) plum tomatoes  
4 cups prepared **Chicken Broth**  
2 cups prepared **Pulled Chicken**  
2 bell peppers, chopped  
2 cups frozen corn kernels

1 cup cooked brown rice  
**Toppings (optional):** Chopped avocado, chopped cilantro or green onion, sour cream or yogurt, feta cheese

1. Pour tomatoes (including juice) into **Multipurpose Pot**. Using your hands, coarsely crush.
2. Stir in broth, chicken, and peppers. Bring to a boil over high heat, stirring frequently. Partially cover; simmer for 10 min.
3. Stir in corn and rice. Continue to simmer until corn is warmed through, 5 min. Ladle into bowls and garnish with toppings, if desired.

**Per serving (2 cups):** Calories 260, Fat 3 g, Saturated Fat 0.5 g, Transfat 0 g, Cholesterol 50 mg, Sodium 550 mg, Carbohydrate 34 g (Fiber 5 g, Sugars 13 g), Protein 22 g

# CHEESY TACO PASTA



**TOTAL TIME:** 20 min



**MAKES:** 8 servings



**COST PER SERVING:** \$1.64

## RECIPE TIP

Use extra-large shells and stuff them with the cheesy taco filling.

## MAKE IT A PERFECTLY BALANCED PLATE

Serve with 2 cups mixed greens and 2 tsp Epicure salad dressing.

1½ lbs (675 g) lean ground beef, chicken, or turkey

1 pkg **Taco Seasoning**

1 cup water

1 tomato, diced

1 red pepper, diced

1 cup broccoli florets, chopped

½ cup crumbled feta

4 cups cooked pasta shells

**Topping (optional):** Chopped green onion

1. In a sauté pan over medium heat, brown beef for 8–10 min, stirring frequently. Drain excess fat.
2. Stir seasoning with water; add to pan. Add tomato, pepper, and broccoli. Simmer for 5 min, or until thickened.
3. Stir in pasta until evenly coated and warmed through, 1–2 min. Sprinkle with feta cheese and green onion, if desired.

**Per serving:** Calories 390, Fat 12 g, Saturated Fat 5 g, Transfat 0 g, Cholesterol 55 mg, Sodium 180 mg, Carbohydrate 45 g (Fiber 1 g, Sugars 4 g), Protein 26 g

# TACO ZUCCHINI BOATS



**TOTAL TIME:** 20 min



**MAKES:** 4 servings



**COST PER SERVING:** \$2.64

## RECIPE TIP

Add a dollop of sour cream or plain Greek yogurt—they taste great with salsa!

## MAKE IT A PERFECTLY BALANCED PLATE

Serve with 2 cups mixed greens and veggies and ½ cup brown rice.

4 medium zucchinis, cut in half lengthwise  
2 cups prepared **Taco** (filling only), warmed  
2 cups prepared **Poco Picante Salsa**  
½ cup Mexican blend shredded cheese

**Toppings (optional):** Extra Poco Picante Salsa, Salsa, chopped cilantro or green onion, sliced avocado

1. Preheat broiler to high.
2. Using the tip of a spoon, scrape out centres of zucchini halves, leaving ¼ inch thick shell on each half. Chop and stir zucchini centres into taco filling; set aside.
3. Place zucchini shells in **Multipurpose Steamer**. Cover and microwave on high for 4 min, or just until tender.
4. Spread salsa in bottom of a large baking dish. Tuck in zucchini halves (they can touch).
5. Fill zucchini hollows with taco filling; press in to pack down. Sprinkle cheese on top.
6. Place dish on a **Sheet Pan**. Broil, rotating pan, until cheese evenly melts, 1-2 min. Garnish with toppings, if desired.

**Per serving (2 boats):** Calories 260, Fat 11 g, Saturated Fat 4 g, Transfat 0 g, Cholesterol 50 mg, Sodium 670 mg, Carbohydrate 17 g (Fiber 3 g, Sugars 4 g), Protein 27 g



# TURKEY TACO BURGERS



**TOTAL TIME:** 20 min



**MAKES:** 6 servings



**COST PER SERVING:** \$1.84

## RECIPE TIP

Fire up the grill and barbecue your burgers! Grill over medium-high heat, about 5 min per side.

## MAKE IT A PERFECTLY BALANCED PLATE

Serve with 3 tbsp prepared **Guacamole** dip and 1 cup veggies.

1 cup fresh breadcrumbs  
2/3 cups **Chicken Broth**, prepared and cooled  
1½ lbs (675 g) ground turkey or chicken  
1 pkg **Taco Seasoning**  
1 tsp oil  
6 whole wheat buns

**Toppings (optional):** Grated cheese, sliced tomato, shredded lettuce, zucchini ribbons, sliced radish, pickled red onion rings, pickled jalapeños, lime, salsa, guacamole (try Epicure's **Poco Picante Salsa Mix** or **Guacamole Dip Mix**)

1. In a large bowl, combine breadcrumbs with broth; let stand 5 min to absorb.
2. Crumble in turkey and add seasoning. Using your hands, mix just until combined.
3. Wet hands to prevent sticking and form mixture into 6 patties.
4. Heat oil in a fry pan over medium heat. Working in batches, pan-fry patties for approximately 5 min per side, until brown on the outside and cooked through.
5. Place on bottom halves of buns. Add toppings and top of buns.

**Per serving:** Calories 330, Fat 6 g, Saturated Fat 2 g, Transfat 0 g, Cholesterol 45 mg, Sodium 310 mg, Carbohydrate 38 g (Fiber 1 g, Sugars 6 g), Protein 36 g