



PRICE: \$11.50 CA | \$10.50 US  
 VOLUME: 53 g (1.9 oz)

**FLAVOUR PROFILE**

Rich, creamy, and garlicky with notes of sweet basil.

**FEATURES & BENEFITS**

No artificial colours or flavours. No additives or preservatives.

Made with real parmesan cheese.

Family-friendly or an elevated dinner for entertaining.

**Label Directions**

Makes 4 servings.

Preheat large non-stick frying pan over medium-high heat. Combine seasoning with 1½ cups milk. Set aside. Heat 1 tbsp oil in pan and cook 1 lb (450 g) chicken breast fillets until golden and cooked through. Stir in reserved seasoning mixture. Reduce heat to medium, stirring occasionally, until sauce thickens, about 3 min. Gradually stir in 4 cups baby spinach until wilted. Serve over rice, grains, or pasta, if desired.

Vegetarian option: replace chicken with 1 lb (450 g) medium-firm tofu, cubed, or plant-based sausages.

**INGREDIENTS LIST\***

Basil, cheddar cheese flavour (cheddar cheese [pasteurized milk, cheese culture, salt, enzymes], whey, buttermilk solids, salt, sodium phosphate, lactic acid), corn starch, garlic, organic lemon powder (organic rice maltodextrin, organic lemon juice concentrate, organic lemon oil), parmesan cheese (milk, milk ingredients, bacterial culture, salt, rennet and/or microbial enzymes and/or lipase, cellulose, sorbic acid, calcium chloride).

**ALLERGENS AND SENSITIVITIES:**

Milk, garlic.

\*Ingredient list is in alphabetical order for proprietary reasons.

**RECIPE IDEAS**

- Use as a base for casseroles.
- Customize ingredients: chicken, fish, pork chops, or tofu. Make with mushrooms, broccoli, or zucchini.
- Get fancy—swap chicken with shrimp and serve over pasta.

**KITCHEN HACK**

Use boneless, skinless chicken breasts or thighs and cut into large pieces if not purchasing chicken fillets.

**TASTING TIP**

Prepare a half recipe (follow label directions) using all sweet potatoes.

**COMPANION PRODUCTS**

Check [epicure.com](http://epicure.com) for current availability.

**FOOD & BEVERAGES:**

- **Better Than Bacon Topper**
- **Garlic & Onion or Smoky Roasted Tomato Nutritional Yeast Toppers**

**COOKWARE:**

- **4-Cup Prep Bowl**
- **Prep Pro Chef Knife**
- **Prep Pro Utensil Set**

\*US Nutritional Facts Table may vary due to FDA regulations. Find US Nutritional Facts Tables at [epicure.com](http://epicure.com).

Nutrition Facts		Valeur nutritive	
Per 1/4 package dry mix (13 g) / Par 1/4 du sachet de mélange (13 g)			
Per 1/4 package prepared / Par 1/4 du sachet de mélange préparé			
	Dry Mix <sup>†</sup> Mélange <sup>†</sup>	Prepared <sup>‡</sup> Préparé <sup>‡</sup>	
<b>Calories</b>	<b>60</b>	<b>270</b>	
% Daily Value* / % valeur quotidienne*			
<b>Fat / Lipides</b> 2.5 g <sup>†</sup>	<b>3 %</b>	<b>13 %</b>	
Saturated / saturés 1.5 g			
Trans / trans 0 g	<b>8 %</b>	<b>18 %</b>	
<b>Carbohydrate / Glucides</b> 5 g			
Fibre / Fibres 1 g	<b>4 %</b>	<b>7 %</b>	
Sugars / Sucres 1 g	<b>1 %</b>	<b>1 %</b>	
<b>Protein / Protéines</b> 3 g			
<b>Cholesterol / Cholestérol</b> 5 mg			
<b>Sodium</b> 150 mg	<b>7 %</b>	<b>13 %</b>	
Potassium 100 mg	<b>2 %</b>	<b>10 %</b>	
Calcium 75 mg	<b>6 %</b>	<b>19 %</b>	
Iron / Fer 0.5 mg	<b>3 %</b>	<b>17 %</b>	

<sup>†</sup> Amount in dry mix / Teneur dans le mélange.  
<sup>‡</sup> Prepared adds 210 Calories, 8 g Fat (2 g Saturated, 0.1 g Trans), 7 g Carbohydrate (1 g Fibre), 27 g Protein, 70 mg Cholesterol, 140 mg Sodium.  
 / La recette préparée ajoute 210 Calories, 8 g Lipides (2 g saturés, 0.1 g trans), 7 g Glucides (1 g Fibres), 27 g Protéines, 70 mg Cholestérol, 140 mg Sodium.

\*5% or less is a little, 15% or more is a lot  
 \*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**WE KEEP IT SIMPLE: CLEAN INGREDIENTS, ALWAYS.**

- Free of preservatives and artificial colors.
- 100% gluten-free and nut-free.
- Sodium and sugar conscious.
- Made from ethically sourced ingredients.
- 90% Non-GMO Project Verified.