



With our Healthy Living shopping bags and a week's worth of recipes for each, now dinnertime can be both simple and smart!

Monday 1 *Tuesday* 2 *Wednesday* 3 *Thursday* 4 *Friday* 5



Shopping List

2 lb. boneless beef sirloin steak

2 pork tenderloins (about 1-1/2 lb.)

4 small boneless skinless chicken breast halves (about 1-1/2 lb.)

1 head garlic

3 cups broccoli florets

1 bottle GOOD SEASONS Asian Sesame with Ginger Dressing

1 box instant brown rice

1 bottle KRAFT Sun-Dried Tomato Vinaigrette Dressing

1 canister KRAFT 100% Grated Parmesan Cheese

1 jar Grey Poupon Dijon Mustard

1 pkg. STOVE TOP Stuffing Mix for Chicken

1 pkg. dried cranberries

1 jar stuffed green olives

1 can (14-1/2 oz.) Italian-style diced tomatoes

1 pkg. (16 oz.) frozen stir-fry vegetables

I DI GIORNO Harvest Wheat RISING CRUST Pizza - Four Cheese

Have Buy

Additional

Pantry List: Lite soy sauce, black pepper, onions, dried oregano.

Asian Beef Stir-Fry 🌞

Prep: 10 min | **Total:** 20 min | **Makes:** 4 servings, 2 cups each

Ingredients

- 2 cups instant brown rice, uncooked
- 1 lb. boneless beef sirloin steak, cut into thin strips
- 2 tsp. minced garlic
- 1 pkg. (16 oz.) frozen stir-fry vegetables, thawed, drained
- 1/4 cup GOOD SEASONS Asian Sesame with Ginger Dressing
- 1/4 cup lite soy sauce

COOK rice as directed on package.

MEANWHILE, heat large nonstick skillet sprayed with cooking spray on medium-high heat. Add meat and garlic; stir-fry 2 min. Add vegetables, dressing and soy sauce; stir-fry an additional 3 min. or until vegetables are crisp-tender and meat is cooked through.

SPOON rice onto serving platter; top with the meat mixture.

Jazz It Up: Sprinkle with 2 Tbsp. chopped PLANTERS COCKTAIL Peanuts.

Nutrition Information Per Serving

400 calories, 11g total fat, 3g saturated fat, 60mg cholesterol, 740mg sodium, 45g carbohydrate, 4g dietary fiber, 7g sugars, 27g protein, 0%DV vitamin A, 70%DV vitamin C, 4%DV calcium, 30%DV iron.

Pork Medallions with Cranberry Stuffing 🌞

Prep: 5 min | **Total:** 20 min | **Makes:** 6 servings

Ingredients

- 2 pork tenderloins (1-1/2 lb.)
- 1/4 cup KRAFT Sun-Dried Tomato Vinaigrette Dressing
- 1 Tbsp. GREY POUPON Dijon Mustard
- 1 pkg. (6 oz.) STOVE TOP Stuffing Mix for Chicken
- 1/3 cup dried cranberries

CUT meat crosswise into eight slices. Place cut sides down; pound with meat mallet to 1/2-inch thickness. Add to large nonstick skillet sprayed with cooking spray. Cook on medium-high heat 3 min. on each side or until browned on both sides. Reduce heat to low.

COMBINE dressing and mustard; pour over meat. Continue cooking 3 min. on each side or until meat is cooked through and sauce is thickened. Meanwhile, prepare stuffing as directed on package, but reducing spread from 1/4 cup to 1 Tbsp. and adding cranberries to the water along with the stuffing mix.

SPOON stuffing onto serving plates. Add meat; drizzle with sauce.

Nutrition Information Per Serving

300 calories, 8g total fat, 2g saturated fat, 0g trans fat, 65mg cholesterol, 670mg sodium, 28g carbohydrate, 1g dietary fiber, 8g sugars, 27g protein, 2%DV vitamin A, 0%DV vitamin C, 2%DV calcium, 15%DV iron.

Mediterranean Chicken 🌞

Prep: 5 min | **Total:** 20 min | **Makes:** 4 servings

Ingredients

- 2 cups instant brown rice, uncooked
- 4 small boneless skinless chicken breast halves (1 lb.)
- 1 small onion, chopped
- 1 tsp. dried oregano leaves
- 1 can (14-1/2 oz.) Italian-style diced tomatoes, drained
- 1/4 cup KRAFT Sun-Dried Tomato Vinaigrette Dressing
- 2 tsp. minced garlic
- 1/4 cup sliced stuffed green olives

COOK rice as directed on package.

MEANWHILE, heat large nonstick skillet sprayed with cooking spray on medium heat. Add chicken and onions; sprinkle with oregano. Cook chicken 3 min. on each side or until chicken is lightly browned on both sides and onions are crisp-tender. Add tomatoes, dressing and garlic; stir gently. Continue to cook 4 to 6 min. or until chicken is cooked through (165°F), turning chicken after 3 min. Stir in olives.

SPOON rice onto serving platter; top with the chicken and sauce.

Serving Suggestion: Serve with your favorite steamed vegetable to round out the meal.



Nutrition Information Per Serving

370 calories, 8g total fat, 1.5g saturated fat, 65mg cholesterol, 890mg sodium, 43g carbohydrate, 3g dietary fiber, 7g sugars, 30g protein, 8%DV vitamin A, 30%DV vitamin C, 6%DV calcium, 10%DV iron.

Garlic Steak & Onions 🌞

Prep: 10 min | **Total:** 32 min | **Makes:** 4 servings

Ingredients

- 1 boneless beef sirloin steak (1 lb.)
- 1/2 tsp. freshly ground black pepper
- 1 large onion, cut into thin slices
- 2 tsp. minced garlic
- 1/4 cup KRAFT Sun-Dried Tomato Vinaigrette Dressing
- 2 Tbsp. KRAFT 100% Grated Parmesan Cheese
- 3 cups broccoli florets, steamed

HEAT large nonstick skillet sprayed with cooking spray on medium heat. Add steak; sprinkle with pepper. Cook steak 5 to 6 min. on each side or until medium doneness. Remove from skillet, reserving drippings in skillet. Place steak on cutting board; cover loosely with foil.

ADD onions and garlic to skillet. Stir in dressing; cover with lid. Cook 5 min.; stir. Cook, uncovered, an additional 4 to 5 min. or until onions are tender, stirring occasionally. Meanwhile, cut steak across the grain into thin slices; place on serving platter.

TOP steak with the onions; sprinkle with cheese. Serve with the broccoli.



Nutrition Information Per Serving

210 calories, 9g total fat, 3g saturated fat, 65mg cholesterol, 300mg sodium, 9g carbohydrate, 2g dietary fiber, 5g sugars, 24g protein, 35%DV vitamin A, 45%DV vitamin C, 10%DV calcium, 15%DV iron.