

Quick Taco Salad

This hearty salad is sure to be a hit at your next family fiesta!

Prep: 30 min | **Ready In:** 30 min | **Serves:** 4

Ingredients

- 1 lb. lean ground beef
- 1 cup chopped onions (about 1 medium)
- 1 pkt. (1-1/4 oz.) TACO BELL HOME ORIGINALS Taco Seasoning Mix
- 1/4 cup water
- 10 cups torn romaine lettuce (about 1 large head)
- 1-1/2 cups chopped tomatoes (about 2 medium)
- 1 cup KRAFT Shredded Cheddar Cheese
- 2 cups tortilla chips, coarsely crushed
- 1/4 cup KRAFT RANCH Dressing

BROWN meat in large nonstick skillet sprayed with cooking spray on medium-high heat; drain. Return meat to skillet. Add onions; cook 5 min., stirring occasionally.

ADD taco seasoning mix and water; mix well. Bring to boil. Reduce heat to medium-low; simmer 3 min.

DIVIDE lettuce among four plates. Top evenly with meat mixture, tomatoes, cheese and tortilla chips. Drizzle with dressing.

Nutrition (per serving)

Calories 490, Total fat 29 g, Saturated fat 11 g, Cholesterol 100 mg, Sodium 1040 mg, Carbohydrate 26 g, Dietary fiber 5 g, Sugars 7 g, Protein 32 g, Vitamin A 120% DV, Vitamin C 50% DV, Calcium 25% DV, Iron 25% DV



Nutrition (per serving)

Calories 360, Total fat 11 g, Saturated fat 4 g, Cholesterol 80 mg, Sodium 400 mg, Carbohydrate 30 g, Dietary fiber 2 g, Sugars <1 g, Protein 36 g, Vitamin A 25% DV, Vitamin C 30% DV, Calcium 20% DV, Iron 15% DV

Mozzarella Chicken & Rice Skillet

This quick chicken skillet is deliciously easy - even on the busiest weeknight!

Prep: 5 min | **Ready In:** 30 min | **Serves:** 4

Ingredients

- 1 Tbsp. vegetable oil
- 4 small boneless skinless chicken breast halves (1 lb.)
- 1 can (10-3/4 oz.) 98% fat-free reduced sodium condensed cream of chicken soup
- 1 soup can milk or water
- 2 cups fresh or frozen and thawed broccoli florets
- 1-1/2 cups instant rice, uncooked
- 3/4 cup KRAFT Shredded Mozzarella Cheese

HEAT oil in large nonstick skillet on medium-high heat. Add chicken; cook 5 min. on each side or until cooked through (170°F). Remove chicken from skillet; cover to keep warm.

ADD soup and milk to skillet; mix well. Bring to boil. Stir in broccoli and rice; top with chicken. Cover. Reduce heat to low.

COOK 5 min.; sprinkle with cheese. Remove from heat. Let stand, covered, 5 min. or until cheese is melted.

Wednesday

Bruschetta Chicken Bake

Bruschetta moves to the centre of the plate! One-dish bake, made easy with STOVE TOP and KRAFT Mozzarella Shreds.

Prep: 10 min | **Ready In:** 40 min | **Serves:** 6

Ingredients

- 1 can (14-1/2 oz.) diced tomatoes, undrained
- 1 pkg. (6 oz.) STOVE TOP Stuffing Mix for Chicken
- 1/2 cup water
- 2 cloves garlic, minced
- 1-1/2 lb. boneless skinless chicken breasts, cut into bite-size pieces
- 1 tsp. dried basil leaves
- 1 cup KRAFT Shredded Low-Moisture Part-Skim Mozzarella Cheese

PREHEAT oven to 400°F. Place tomatoes in medium bowl. Add stuffing mix, water and garlic; stir just until stuffing mix is moistened. Set aside.

PLACE chicken in 13x9-inch baking dish; sprinkle with the basil and cheese. Top with stuffing mixture.

BAKE 30 min. or until chicken is cooked through.



Nutrition (per serving)

Calories 310, Total fat 7 g,
Saturated fat 3 g, Cholesterol 80 mg,
Sodium 710 mg, Carbohydrate 25 g,
Dietary fiber 2 g, Sugars 4 g, Protein 33 g,
Vitamin A 10% DV, Vitamin C 15% DV,
Calcium 20% DV, Iron 15% DV

Thursday

Jumbo Meatballs

These giant versions of your favorite meatballs are chock full of cheese and taste oh-so-good!

Prep: 10 min | **Ready In:** 40 min | **Serves:** 4

Ingredients

- 1 pkg. (6 oz.) STOVE TOP Stuffing Mix for Chicken
- 1/2 cup hot water
- 1 egg
- 1/4 cup KRAFT RANCH Dressing
- 1 lb. lean ground beef
- 1 cup KRAFT Shredded Cheddar Cheese
- 1/3 cup ketchup

PREHEAT oven to 375°F. Combine stuffing mix, water, egg and dressing until moistened. Add meat and cheese; mix well. Shape into eight 2-inch meatballs.

PLACE on greased baking sheet; spread with ketchup.

BAKE 30 min. or until cooked through (160°F).



Nutrition (per serving)

Calories 540, Total fat 27 g,
Saturated fat 11 g, Cholesterol 155 mg,
Sodium 1280 mg, Carbohydrate 38 g,
Dietary fiber 2 g, Sugars 6 g, Protein 35 g,
Vitamin A 15% DV, Vitamin C 6% DV,
Calcium 25% DV, Iron 25% DV