

Monday

Biscuit-Topped Tomato-Beef Bake

Cheesy biscuits bake right on top of this easy casserole!

Prep: 25 min | **Ready In:** 1 hour | **Serves:** 4

Ingredients

- 1 lb. lean ground beef
- 1 cup chopped onions (about 1 medium)
- 1 can (10-3/4 oz.) condensed tomato soup
- 1 egg
- 3/4 cup milk
- 1 cup KRAFT Shredded Mozzarella Cheese
- 1/2 cup chopped green onions (about 2 medium)
- 1-1/2 cups all-purpose baking mix

PREHEAT oven to 400°F. Brown meat in large nonstick skillet on medium-high heat; drain. Return meat to skillet. Add onions; cook and stir 5 min. Stir in soup; cook 3 min. or until heated through. Spoon into 2-qt. baking dish.

BEAT egg and milk with wire whisk in medium bowl. Add cheese and onions; mix well. Add baking mix; stir just until moistened. Drop by spoonfuls over meat mixture.

BAKE 35 min. or until biscuit topping is golden brown and cooked through.



Nutrition (per serving)

Calories 560, Total fat 25 g,
Saturated fat 10 g, Cholesterol 145 mg,
Sodium 1320 mg, Carbohydrate 48 g,
Dietary fiber 2 g, Sugars 11 g, Protein 37 g,
Vitamin A 15% DV, Vitamin C 80% DV,
Calcium 35% DV, Iron 30% DV

Tuesday

Crispy Chicken & Parmesan Vegetables

Juicy chicken pieces, tender new potatoes and colorful bell peppers all bake up together in this deliciously easy entree.

Prep: 15 min | **Ready In:** 55 min | **Serves:** 4

Ingredients

- 1 lb. new red potatoes, halved
- 4 chicken leg quarters (1-1/2 lb.), skin removed
- 1 pkt. SHAKE 'N BAKE Extra Crispy Seasoned Coating Mix
- 2 cups 1-1/2-inch red pepper pieces (about 2 small peppers)
- 1/4 cup KRAFT RANCH Dressing
- 1/4 cup KRAFT 100% Grated Parmesan Cheese

PREHEAT oven to 375°F. Place potatoes in large microwaveable bowl or casserole dish; cover with vented plastic wrap or lid. Microwave on HIGH 7 min. Meanwhile, coat chicken with coating mix as directed on package. Place chicken in half of greased foil-lined 15x10x1-inch baking pan.

ADD peppers, dressing and Parmesan cheese to potatoes; toss to coat. Place in pan next to chicken.

BAKE 40 min. or until chicken is cooked through (180°F) and potatoes are tender.



Nutrition (per serving)

Calories 450, Total fat 18 g,
Saturated fat 4.5 g, Cholesterol 100 mg,
Sodium 940 mg, Carbohydrate 38 g,
Dietary fiber 4 g, Sugars 4 g, Protein 34 g,
Vitamin A 50% DV, Vitamin C 140% DV,
Calcium 15% DV, Iron 15% DV

Five-Cheese Skillet Burgers

These easy burgers get all their flavor from SHAKE'N BAKE coating mix!

Prep: 10 min | **Ready In:** 20 min | **Serves:** 4

Ingredients

- 1 lb. lean ground beef
- 1 egg
- 2 Tbsp. ketchup
- 1 cup KRAFT Finely Shredded Italian Style Five Cheese Blend, divided
- 2 tsp. Worcestershire sauce
- 1 pkt. SHAKE 'N BAKE Extra Crispy Seasoned Coating Mix
- 4 hamburger buns, split

MIX meat, egg, ketchup, 1/2 cup of the cheese, the Worcestershire sauce and coating mix. Shape into four 1/2-inch-thick patties.

PLACE patties in nonstick skillet on medium heat; cover. Cook 5 min. Turn burgers over; sprinkle evenly with remaining 1/2 cup cheese. Cook, uncovered, 5 min. or until burgers are cooked through (160°F).

SERVE in the buns.



Nutrition (per serving)

Calories 490, Total fat 20 g, Saturated fat 9 g, Cholesterol 140 mg, Sodium 1000 mg, Carbohydrate 39 g, Dietary fiber 2 g, Sugars 5 g, Protein 36 g, Vitamin A 10% DV, Vitamin C 2% DV, Calcium 30% DV, Iron 30% DV

Italian Chicken Simmer

This saucy stew is very easy to make and simmers to perfection in no time.

Prep: 10 min | **Ready In:** 45 min | **Serves:** 4

Ingredients

- 1 Tbsp. olive oil
- 4 chicken leg quarters (1-1/2 lb.), skin removed
- 1 can (14-1/2 oz.) Italian-style diced tomatoes, undrained
- 1/3 cup tomato paste
- 2 cups chopped red peppers (about 2 small)
- 1/4 cup KRAFT 100% Grated Parmesan Cheese
- 1/2 cup KRAFT Finely Shredded Italian Style Five Cheese Blend

HEAT oil in large nonstick skillet on medium-high heat. Meanwhile, cut apart chicken legs and thighs. Add to skillet; cook 10 min. or until lightly browned on both sides, turning occasionally.

ADD tomatoes with their liquid and the tomato paste; mix well. Stir in peppers; cover. Reduce heat to medium-low; simmer 20 min. or until chicken is cooked through (180°F), stirring occasionally.

REMOVE from heat. Stir in Parmesan cheese; sprinkle with shredded cheese. Let stand until cheese is melted.



Nutrition (per serving)

Calories 350, Total fat 17 g, Saturated fat 6 g, Cholesterol 105 mg, Sodium 1030 mg, Carbohydrate 14 g, Dietary fiber 3 g, Sugars 7 g, Protein 35 g, Vitamin A 60% DV, Vitamin C 130% DV, Calcium 25% DV, Iron 15% DV