

KRAFT
food&family



1 Bag, 5 Dinners

During a busy week, you certainly don't want to visit the grocery store more than once. With ingredients that fit nicely into just one bag, we'll show you how to prepare a week's worth of delicious dishes! So take the express checkout tonight and get your week on track.

Monday

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Tuesday

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Wednesday

3

Thursday

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Friday

5



Shopping List

Have Buy

2 lb. boneless skinless chicken breasts

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1 pkg. KRAFT Deluxe Macaroni & Cheese Dinner

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1 bottle KRAFT CATALINA Dressing

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2 lb. lean ground beef

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1 bag frozen peas

☐ ☐

2 cans condensed cream of celery soup

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1 box instant white rice

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1 bag KRAFT Shredded Cheddar & Monterey Jack Cheese

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1 pkg. SHAKE'N BAKE Extra Crispy Original Coating Mix

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1 bunch carrots

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1 DIGIORNO Thin Crispy Crust Pizza - Supreme

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Additional

Pantry staples are not included in this shopping list. The following ingredients should also be on-hand: chili powder, ketchup, oil, garlic powder, milk

Monday

Cheesy Chicken Skillet

This delicious family-pleaser is easily prepared in less than 30 minutes.

Prep Time: 5 min | **Total Time:** 22 min | **Makes:** 4 servings

Ingredients

- 1 Tbsp. oil
- 1 lb. boneless skinless chicken breasts, cut into bite-sized pieces
- 1 tsp. dried thyme leaves
- 1 cup milk
- 1 cup water
- 1 pkg. (14 oz.) KRAFT Deluxe Macaroni & Cheese Dinner
- 2 cups frozen peas
- 2 Tbsp. KRAFT CATALINA Dressing

HEAT oil in large skillet on medium-high heat. Add chicken and thyme; mix well. Cook 5 min. or until chicken is browned, stirring frequently.

ADD milk, water and Macaroni; cover. Cook 10 min. or until macaroni is tender, stirring occasionally.

STIR in Cheese Sauce, peas and dressing. Cook an additional 2 min., stirring occasionally.

Nutrition (per serving)

Calories 590, Total fat 19 g, Saturated fat 5 g, Cholesterol 90 mg, Sodium 1190 mg, Carbohydrate 60 g, Dietary fiber 5 g, Sugars 13 g, Protein 42 g, Vitamin A 35% DV, Vitamin C 20% DV, Calcium 25% DV, Iron 25% DV



Nutrition (per serving)

Calories 520, Total fat 21 g, Saturated fat 10 g, Cholesterol 105 mg, Sodium 660 mg, Carbohydrate 47 g, Dietary fiber 4 g, Sugars 5 g, Protein 36 g, Vitamin A 40% DV, Vitamin C 20% DV, Calcium 25% DV, Iron 35% DV

Tuesday

Quick-Fix Beef and Rice

A tasty twist on a traditional Shepherd's Pie.

Prep Time: 5 min | **Total Time:** 30 min | **Makes:** 4 servings

Ingredients

- 1 lb. lean ground beef
- 2 cups frozen peas
- 1/2 can (1/2 of 10-3/4-oz. can) condensed cream of celery soup
- 1/4 cup milk
- 1 clove garlic, minced
- 1/2 tsp. dried thyme leaves
- 2-2/3 cups hot cooked instant white rice
- 1 cup KRAFT Shredded Cheddar & Monterey Jack Cheese

PREHEAT oven to 350°F. Brown meat in large skillet; drain. Stir in peas, soup, milk, garlic and thyme. Bring just to boil.

SPREAD meat mixture onto bottom of 8-inch square baking dish. Top with rice; sprinkle with cheese.

BAKE 10 min. or until cheese is melted.

Wednesday

Crisp and Creamy Baked Chicken

A perfect dinner solution for those busy week nights.

Prep Time: 10 min | **Total Time:** 40 min | **Makes:** 4 servings

Ingredients

- 4 small boneless skinless chicken breast halves (1 lb.)
- 6 Tbsp. (1/2 of 1 pouch) SHAKE'N BAKE Extra Crispy Seasoned Coating Mix
- 2/3 cup (1/2 of 10-3/4-oz. can) condensed cream of celery soup
- 1/4 cup milk
- 1 cup KRAFT Shredded Cheddar & Monterey Jack Cheese
- 2-2/3 cups hot cooked instant white rice

PREHEAT oven to 400°F. Coat chicken with coating mix; place in single layer in greased 13x9-inch baking dish.

BAKE 25 min. or until chicken is cooked through (170°F). Beat soup and milk with wire whisk until well blended. Pour evenly over chicken; sprinkle with cheese.

BAKE an additional 5 min. or until cheese is melted and sauce is bubbly. Serve with the rice.



Nutrition (per serving)

Calories 450, Total fat 15 g, Saturated fat 7 g, Cholesterol 100 mg, Sodium 850 mg, Carbohydrate 43 g, Dietary fiber 1 g, Sugars 2 g, Protein 35 g, Vitamin A 10% DV, Vitamin C 0% DV, Calcium 25% DV, Iron 20% DV

Thursday

Zesty Meatballs and Rice

Create these tasty meatballs, the secret is CATALINA Dressing!

Prep Time: 7 min | **Total Time:** 25 min | **Makes:** 4 servings,
4 meatballs and about
3/4 cup rice each

Ingredients

- 1 lb. lean ground beef
- 6 Tbsp. (1/2 of 1 pouch) Shake'N Bake Extra Crispy Seasoned Coating Mix
- 1 cup finely shredded carrots
- 1/2 cup KRAFT Shredded Cheddar & Monterey Jack Cheese
- 1/4 cup KRAFT CATALINA Dressing
- 2 Tbsp. soy sauce
- 1-1/4 cups water
- 1-1/2 cups instant white rice, uncooked

MIX meat, coating mix, carrots and cheese. Shape evenly into 16 balls.

COOK meatballs in large nonstick skillet on medium-high heat 8 min. or until evenly browned, stirring occasionally.

ADD dressing, soy sauce, water and rice; mix well. Bring to boil. Reduce heat to medium-low; simmer 1 min. Cover. Remove from heat; let stand 5 min. or until liquid is absorbed.



Nutrition (per serving)

Calories 450, Total fat 18 g, Saturated fat 7 g, Cholesterol 85 mg, Sodium 1180 mg, Carbohydrate 43 g, Dietary fiber 2 g, Sugars 7 g, Protein 29 g, Vitamin A 70% DV, Vitamin C 4% DV, Calcium 15% DV, Iron 25% DV