

Saucy Italian Pork Chops

Prep: 10 min | **Total:** 25 min | **Makes:** 4 servings

Ingredients

- 4 bone-in pork chops, 3/4-inch-thick (1-1/2 lb.)
- 1 pkg. (16 oz.) frozen mixed vegetables
- 1 tsp. dried oregano leaves
- 1/4 cup KRAFT Light Balsamic Vinaigrette Reduced Fat Dressing
- 1 can (14-1/2 oz.) Italian-style diced tomatoes, undrained
- 1 cup KRAFT Shredded Low-Moisture Part-Skim Mozzarella Cheese

HEAT large nonstick skillet on medium-high heat. Add chops and vegetables; cook 2 min. or until bottoms of chops are browned. Turn chops over.

SPRINKLE with oregano; drizzle with dressing. Cover with tomatoes. Bring to boil; cover. Reduce heat to low; simmer 12 min. or until chops are cooked through (160°F); stirring occasionally.

SPRINKLE with cheese.

Serving Suggestion: Serve with 3 cups hot cooked long-grain white rice.

Nutrition Information Per Serving

350 calories, 14g total fat, 6g saturated fat, 90mg cholesterol, 680mg sodium, 18g carbohydrate, 2g dietary fiber, 8g sugars, 35g protein, 25%DV vitamin A, 25%DV vitamin C, 25%DV calcium, 10%DV iron.



Creamy Chicken Macaroni

Prep: 10 min | **Total:** 30 min | **Makes:** 4 servings, 1-1/4 cups each

Ingredients

- 1 Tbsp. oil
- 1 lb. boneless skinless chicken breasts, cut into bite-size pieces
- 1/4 cup chopped onions
- 1 tsp. paprika
- 2 cups water
- 2 cups chopped broccoli
- 1 pkg. (7-1/4 oz.) KRAFT Macaroni & Cheese Dinner
- 1/2 cup BREAKSTONE'S or KNUDSEN Sour Cream

HEAT oil in large skillet on medium-high heat. Add chicken and onions; cook and stir 5 min. Add paprika; cook and stir 1 min.

STIR in water, broccoli and Macaroni; bring to boil. Reduce heat to medium-low; cover. Simmer 10 min. or until macaroni is tender and chicken is cooked through, stirring occasionally.

ADD Cheese Sauce Mix and sour cream; stir until well blended. Cook 2 min. or until heated through, stirring occasionally.

Variation - Cheesy Beef Skillet: Prepare as directed, substituting boneless beef sirloin steak, cut into strips, for the chicken.

Nutrition Information Per Serving

430 calories, 15g total fat, 6g saturated fat, 100mg cholesterol, 510mg sodium, 41g carbohydrate, 3g dietary fiber, 7g sugars, 33g protein, 15%DV vitamin A, 35%DV vitamin C, 15%DV calcium, 15%DV iron.



STOVE TOP Classic One-Dish Chicken Bake with Vegetables

Prep: 10 min | **Total:** 40 min | **Makes:** 6 servings, about 1-1/3 cups each

Ingredients

- 1-2/3 cups hot water
- 1 pkg. (6 oz.) STOVE TOP Stuffing Mix for Chicken
- 1-1/2 lb. boneless skinless chicken breasts, cut into bite-size pieces
- 1 can (10-3/4 oz.) condensed cream of chicken soup
- 1/3 cup BREAKSTONE'S or KNUDSEN Sour Cream
- 1-1/2 cups KRAFT Shredded Low-Moisture Part-Skim Mozzarella Cheese
- 1 pkg. (16 oz.) frozen mixed vegetables, thawed, drained

PREHEAT oven to 400°F. Add hot water to stuffing mix; stir just until moistened. Set aside.

PLACE chicken in 13x9-inch baking dish. Mix soup, sour cream, cheese and vegetables; spoon over chicken. Top with prepared stuffing.

BAKE 30 min. or until chicken is cooked through.

Healthy Living: Save 40 calories, 5g fat and 2.5g saturated fat per serving by preparing with reduced fat condensed cream of chicken soup, BREAKSTONE'S Reduced Fat or KNUDSEN Light Sour Cream and KRAFT 2% Milk Shredded Reduced Fat Mozzarella Cheese.

Nutrition Information Per Serving
420 calories, 15g total fat, 7g saturated fat, 100mg cholesterol, 1130mg sodium, 31g carbohydrate, 3g dietary fiber, 5g sugars, 38g protein, 40%DV vitamin A, 50%DV vitamin C, 30%DV calcium, 15%DV iron.

Quick & Easy Pork Chop Skillet 🌞

Prep: 10 min | **Total:** 29 min | **Makes:** 4 servings

Ingredients

- 4 bone-in pork chops, 3/4-inch-thick (1-1/2 lb.)
- 1 tsp. oil
- 1/4 cup KRAFT Light Balsamic Vinaigrette Reduced Fat Dressing, divided
- 1 small onion, sliced
- 1 clove garlic, minced
- 1 tsp. dried rosemary leaves
- 1 can (15-1/4 oz.) pear halves, undrained

BROWN chops in oil in large nonstick skillet on medium-high heat 3 min. on each side. Remove from skillet; set aside.

ADD 2 Tbsp. of the dressing, onions, garlic and rosemary to skillet. Cook 3 min.

RETURN chops to skillet. Add pears with juice and remaining 2 Tbsp. dressing. Simmer on medium heat 10 min. or until chops are cooked through (160°F). Arrange chops on platter; spoon sauce over chops.

Serving Suggestion: Serve with hot cooked rice and steamed green beans.

Nutrition Information Per Serving

(Light Balsamic Vinaigrette Reduced Fat Dressing)

320 calories, 12g total fat, 4g saturated fat, 90mg cholesterol, 230mg sodium, 19g carbohydrate, 2g dietary fiber, 13g sugars, 32g protein, 0%DV vitamin A, 8%DV vitamin C, 4%DV calcium, 8%DV iron.