



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

A close-up photograph of a hamburger served on a white plate. The burger consists of a whole wheat bun, a beef patty, a slice of melted yellow cheese, a slice of tomato, and a slice of onion. The plate is set against a green and white checkered background.



2 onions	<input type="checkbox"/>	<input type="checkbox"/>
1 red pepper	<input type="checkbox"/>	<input type="checkbox"/>
4 zucchini	<input type="checkbox"/>	<input type="checkbox"/>
4 ears corn on cob	<input type="checkbox"/>	<input type="checkbox"/>
2 tomatoes	<input type="checkbox"/>	<input type="checkbox"/>
2 lb. boneless skinless chicken breasts	<input type="checkbox"/>	<input type="checkbox"/>
1 lb. extra lean ground beef	<input type="checkbox"/>	<input type="checkbox"/>
1 pkg. KRAFT 2% Milk Singles	<input type="checkbox"/>	<input type="checkbox"/>
1 canister KRAFT 100% Grated Parmesan Cheese	<input type="checkbox"/>	<input type="checkbox"/>
1 pkg. PHILADELPHIA Neufchatel Cheese, 1/3 Less Fat than Cream Cheese	<input type="checkbox"/>	<input type="checkbox"/>
1 pkg. KRAFT 2% Milk Shredded Reduced Fat Sharp Cheddar Cheese	<input type="checkbox"/>	<input type="checkbox"/>
1 bottle KRAFT Original Barbecue Sauce	<input type="checkbox"/>	<input type="checkbox"/>
1 bottle KRAFT Light Zesty Italian Reduced Fat Dressing	<input type="checkbox"/>	<input type="checkbox"/>
1 pkg. whole wheat hamburger buns	<input type="checkbox"/>	<input type="checkbox"/>
1 pkg. spaghetti	<input type="checkbox"/>	<input type="checkbox"/>
1 jar spaghetti sauce	<input type="checkbox"/>	<input type="checkbox"/>
1 pkg. KRAFT Deluxe Macaroni & Cheese Dinner Made with 2% Milk Cheese	<input type="checkbox"/>	<input type="checkbox"/>
1 DIGIORNO Harvest Wheat RISING CRUST Pizza - Four Cheese	<input type="checkbox"/>	<input type="checkbox"/>

## This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on its right side, suggesting it's resting on a surface.



KRAFT  
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# Monday

## Best-Ever Cheeseburgers 🌞

**Prep:** 10 min | **Total:** 18 min | **Serves:** 4 servings, one cheeseburger each

### Ingredients

- 1 lb. extra lean ground beef
- 1/3 cup KRAFT Original Barbecue Sauce, divided
- 4 large onion slices (1/4 inch thick)
- 4 KRAFT 2% Milk Singles
- 4 whole wheat hamburger buns, split
- 1 tomato, cut into 4 slices

**PREHEAT** grill to medium-high heat. Mix meat and 2 Tbsp. of the barbecue sauce. Shape into four 1/2-inch-thick patties; set aside. Brush onions with 1 Tbsp. of the remaining barbecue sauce.

**GRILL** patties and onions 4 min. on each side or until burgers are cooked through (160°F) and onions are crisp-tender, brushing burgers with remaining barbecue sauce and topping with the 2% Milk Singles for the last minute of the grilling time. Meanwhile, grill buns, cut-sides down, 1 min. or until lightly toasted.

**FILL** buns with burgers, onions and tomatoes.

### Nutrition Information Per Serving

340 calories, 11g total fat, 4.5g saturated fat, 70mg cholesterol, 840mg sodium, 31g carbohydrate, 2g dietary fiber, 10g sugars, 30g protein, 10%DV vitamin A, 8%DV vitamin C, 30%DV calcium, 25%DV iron.



### Nutrition Information Per Serving

530 calories, 13g total fat, 6g saturated fat, 90mg cholesterol, 1060mg sodium, 60g carbohydrate, 6g dietary fiber, 13g sugars, 39g protein, 20%DV vitamin A, 30%DV vitamin C, 20%DV calcium, 20%DV iron.

## Creamy Chicken Spaghetti 🌞

**Prep:** 10 min | **Total:** 30 min | **Serves:** 4 servings, about 2 cups each

### Ingredients

- 1/2 lb. spaghetti, uncooked
- 1/4 cup KRAFT Light Zesty Italian Reduced Fat Dressing
- 1 lb. boneless skinless chicken breasts, cut into 1-inch pieces
- 2 zucchini, cut in half lengthwise, then sliced crosswise
- 2 cups spaghetti sauce
- 4 oz. (1/2 of 8-oz. pkg.) PHILADELPHIA Neufchatel Cheese, 1/3 Less Fat than Cream Cheese, cubed
- 2 Tbsp. KRAFT 100% Grated Parmesan Cheese

**COOK** spaghetti as directed on package.

**MEANWHILE,** heat dressing in large nonstick skillet on medium-high heat. Add chicken; cook and stir 2 min. Add zucchini; cook an additional 2 min., stirring frequently. Stir in spaghetti sauce. Bring just to boil, stirring occasionally. Reduce heat to medium-low; simmer 5 min. or until chicken is cooked through. Add Neufchatel cheese; cook 1 min. or until cheese is melted and mixture is well blended, stirring occasionally.

**DRAIN** spaghetti; place on serving plate. Top with the chicken mixture; sprinkle with Parmesan cheese.



## Wednesday

### Grilled Chicken & Vegetables Parmesan 🌞

**Prep:** 10 min | **Total:** 24 min | **Serves:** 4 servings

#### Ingredients

- 4 small boneless skinless chicken breast halves (1 lb.)
- 4 ears corn on the cob
- 1 large onion, cut lengthwise into 8 wedges
- 1 red pepper, quartered lengthwise
- 1/4 cup KRAFT Light Zesty Italian Reduced Fat Dressing, divided
- 2 Tbsp. KRAFT 100% Grated Parmesan Cheese

**PREHEAT** grill to medium-high heat. Brush chicken and vegetables with 2 Tbsp. of the dressing.

**GRILL** chicken and vegetables 12 to 14 min. or until chicken is cooked through (165°F) and vegetables are crisp-tender; turning after 7 min. and brushing with the remaining 2 Tbsp. dressing.

**DIVIDE** evenly among four serving plates. Sprinkle evenly with cheese.

**Serving Suggestion:** Serve with hot cooked brown rice.

#### Nutrition Information Per Serving

300 calories, 6g total fat, 2g saturated fat, 70mg cholesterol, 620mg sodium, 33g carbohydrate, 4g dietary fiber, 7g sugars, 30g protein, 30%DV vitamin A, 70%DV vitamin C, 8%DV calcium, 10%DV iron.

## Thursday

### Double-Cheese and Veggie Macaroni 🌞

**Prep:** 5 min | **Total:** 20 min | **Serves:** 4 servings, 1-3/4 cups each

#### Ingredients

- 1 pkg. (14 oz.) KRAFT Deluxe Macaroni & Cheese Dinner Made With 2% Milk Cheese
- 1/4 cup KRAFT Light Zesty Italian Reduced Fat Dressing
- 2 small zucchini, chopped
- 1 large tomato, chopped
- 1/2 cup KRAFT 2% Milk Shredded Reduced Fat Sharp Cheddar Cheese

**PREPARE** Dinner in large saucepan as directed on package. Meanwhile, heat dressing in large skillet on medium heat. Add zucchini; cook 5 min. or until crisp-tender; stirring occasionally.

**ADD** zucchini and tomatoes to prepared Dinner; mix well.

**SPRINKLE** with Cheddar cheese.

**Jazz It Up:** Add 1 tsp. dried basil leaves along with the tomatoes.

**Serving Suggestion:** Serve with a tossed green salad.

#### Nutrition Information Per Serving

360 calories, 8g total fat, 3.5g saturated fat, 20mg cholesterol, 1210mg sodium, 56g carbohydrate, 3g dietary fiber, 9g sugars, 17g protein, 15%DV vitamin A, 15%DV vitamin C, 45%DV calcium, 15%DV iron.