

Crispy Salsa Chicken

Prep: 10 min | **Total:** 35 min | **Makes:** 4 servings, one chicken breast each

Ingredients

- 4 small boneless skinless chicken breast halves (1 lb.)
- 1 pouch SHAKE 'N BAKE Extra Crispy Seasoned Coating Mix
- 1/2 cup TACO BELL HOME ORIGINALS Salsa
- 1/2 cup KRAFT Shredded Monterey Jack Cheese

PREHEAT oven to 400°F. Coat chicken with coating mix as directed on package. Place on ungreased baking sheet.

BAKE 20 min. or until chicken is cooked through (170°F).

TOP each chicken breast with 2 Tbsp. salsa. Sprinkle evenly with cheese. Bake an additional 5 min. or until cheese is melted.

Serving Suggestion: Serve with a side of KRAFT Macaroni & Cheese Dinner and hot steamed broccoli.

Nutrition Information Per Serving

270 calories, 8g total fat, 3.5g saturated fat, 80mg cholesterol, 910mg sodium, 17g carbohydrate, less than 1g dietary fiber, 2g sugars, 30g protein, 6%DV vitamin A, 4%DV vitamin C, 15%DV calcium, 8%DV iron.



Quick & Cheesy Sausage Rotini

Prep: 10 min | **Total:** 25 min | **Makes:** 4 servings, 1-3/4 cups each

Ingredients

- 3 cups rotini pasta, uncooked
- 1 lb. Italian sausage links, cut into bite-size pieces
- 1 can (15 oz.) diced tomatoes, undrained
- 1 cup chopped onions (about 1 medium)
- 1/4 cup KRAFT Balsamic Vinaigrette Dressing
- 3/4 cup KRAFT Shredded Mozzarella Cheese, divided

COOK pasta as directed on package.

MEANWHILE, cook sausage in large nonstick skillet on medium-high heat 10 min. or until sausage is cooked through, stirring occasionally. Drain sausage; return to skillet. Add tomatoes with their liquid, the onions and dressing. Cook 5 min. or until onions are crisp-tender, stirring occasionally.

DRAIN pasta. Toss with the sausage mixture and 1/2 cup of the cheese. Sprinkle with the remaining 1/4 cup cheese.

How to Cut Sausage Easily: Use clean kitchen scissors to easily cut sausage into pieces.

Nutrition Information Per Serving

590 calories, 24g total fat, 8g saturated fat, 60mg cholesterol, 980mg sodium, 65g carbohydrate, 4g dietary fiber, 11g sugars, 27g protein, 10%DV vitamin A, 25%DV vitamin C, 20%DV calcium, 20%DV iron.



Quick 'n Easy Sausage on a Bun

Prep: 10 min | **Total:** 35 min | **Makes:** 4 servings, one sandwich each



Nutrition Information Per Serving

440 calories, 24g total fat, 9g saturated fat, 60mg cholesterol, 1200mg sodium, 34g carbohydrate, 5g dietary fiber, 11g sugars, 22g protein, 35%DV vitamin A, 100%DV vitamin C, 20%DV calcium, 15%DV iron.

Ingredients

- 4 Italian sausage links (1 lb.)
- 1-1/2 cups each; red and green pepper wedges (about 1 medium pepper each)
- 1 medium onion, sliced, separated into rings
- 1/4 cup KRAFT Balsamic Vinaigrette Dressing
- 1 can (15 oz.) diced tomatoes, undrained
- 4 Italian bread rolls, split, toasted
- 3/4 cup KRAFT Shredded Mozzarella Cheese

HEAT large nonstick skillet on medium-high heat. Add sausages; cook 12 min. or until cooked through (170°F), turning after 6 min. Remove sausages from skillet; drain skillet. Cover sausages to keep warm.

ADD peppers, onions and dressing to skillet; cook and stir 5 min. or until vegetables are crisp-tender. Stir in tomatoes with their liquid. Bring to boil; cook 5 min., stirring occasionally.

CUT sausages lengthwise in half, being careful to not cut all of the way through to bottom of each sausage. Open sausages; place, cut-sides down, on bottom halves of rolls. Top evenly with pepper mixture and cheese. Cover with top halves of rolls.

Sweet & Sour Chicken Stir-Fry

Prep: 10 min | **Total:** 20 min | **Makes:** 4 servings 1-3/4 cups each



Nutrition Information Per Serving

380 calories, 11g total fat, 2g saturated fat, 65mg cholesterol, 820mg sodium, 42g carbohydrate, 2g dietary fiber, 11g sugars, 29g protein, 10%DV vitamin A, 90%DV vitamin C, 4%DV calcium, 20%DV iron.

Ingredients

- 1 Tbsp. oil
- 1 lb. boneless skinless chicken breasts, sliced
- 1-1/2 cups yellow pepper strips (about 1 medium pepper)
- 1/3 cup KRAFT Sweet 'N Sour Sauce
- 1/4 cup KRAFT Balsamic Vinaigrette Dressing
- 2 Tbsp. soy sauce
- 2 cups frozen broccoli florets, thawed
- 1-1/2 cups MINUTE White Rice, cooked as directed on package

HEAT oil in large nonstick skillet on medium-high heat. Add chicken and peppers; cook 8 min. or until chicken is cooked through, stirring occasionally.

ADD sweet-and-sour sauce, dressing, soy sauce and broccoli; mix well. Cook 2 min. or until heated through, stirring occasionally.

SERVE over the hot rice.