



## Chinese-Style Pork Stir-Fry

**Prep:** 10 min | **Ready In:** 20 min | **Makes:** 4 servings

### Ingredients

- 1 Tbsp. oil
- 1 lb. boneless pork chops, cut into strips
- 2 cups frozen stir-fry vegetables
- 1/4 cup KRAFT Zesty Italian Dressing
- 2 Tbsp. soy sauce
- 2 Tbsp. honey
- 1/4 tsp. ground ginger

**HEAT** oil in large nonstick wok or skillet on medium-high heat. Add meat; stir-fry 5 min. or until cooked through.

**ADD** remaining ingredients; stir-fry 5 min. or until vegetables are heated through.

**SERVE** over hot cooked spaghetti or instant rice.

### Nutritional Info (per serving)

Calories 250, Total fat 11 g, Saturated fat 2 g, Cholesterol 55 mg, Sodium 950 mg, Carbohydrate 13 g, Dietary fiber 1 g, Sugars 11 g, Protein 22 g, Vitamin A 0% DV, Vitamin C 30% DV, Calcium 0% DV, Iron 10% DV

## Creamy Tomato and Chicken Spaghetti

**Prep:** 10 min | **Ready In:** 25 min | **Makes:** 4 servings, about 2 cups each

### Ingredients

- 8 oz. (1/2 16 oz. pkg) spaghetti.
- 2 cups frozen stir-fry vegetables
- 1 Tbsp. oil
- 1 lb. boneless skinless chicken breasts, cut into strips
- 1 can (14.5 oz.) diced tomatoes, undrained
- 1/4 cup KRAFT Zesty Italian Dressing
- 1/2 cup (1/2 of 8-oz. tub) PHILADELPHIA Cream Cheese Spread
- 1/4 cup KRAFT 100% Grated Parmesan Cheese

**COOK** spaghetti as directed on package, adding stir-fry vegetables to the cooking water for the last 3 min. of the spaghetti cooking time.

**MEANWHILE**, heat oil in large nonstick skillet on medium-high heat. Add chicken; cook 6 min., stirring occasionally. Stir in tomatoes and dressing; bring to boil. Reduce heat to medium; simmer 4 min., stirring occasionally. Add cream cheese spread; cook and stir until cream cheese is completely melted and mixture is well blended.

**DRAIN** spaghetti mixture; place in large bowl. Add chicken mixture; toss to coat. Sprinkle with Parmesan cheese.

### Nutritional Info (per serving)

Calories 570, Total fat 22 g, Saturated fat 9 g, Cholesterol 110 mg, Sodium 760 mg, Carbohydrate 53 g, Dietary fiber 4 g, Sugars 9 g, Protein 38 g, Vitamin C 50% DV, Calcium 15% DV, Iron 25% DV



## Quick Mushroom Pork Steaks

**Prep:** 10min | **Ready In:** 30 min | **Makes:** 4 servings

### Ingredients

- 1 Tbsp. oil
- 4 boneless pork chops (1 lb.)
- 1 can (10-3/4 oz.) condensed cream of mushroom soup
- 1/2 cup milk
- 3 Tbsp. KRAFT Zesty Italian Dressing
- 2 cups frozen peas
- 1-1/2 cups instant rice, cooked as directed on package
- 1/4 cup KRAFT 100% Grated Parmesan Cheese

**HEAT** oil in large nonstick skillet on medium-high heat. Add meat; cook 4 min. on each side or until browned on both sides.

**ADD** soup, milk, dressing and peas; mix well. Reduce heat to medium-low; cook 5 min. or until meat is cooked through (160°F), stirring occasionally.

**SPOON** meat mixture over hot rice; sprinkle with cheese.

### Nutritional Info (per serving)

Calories 470, Total fat 17 g, Saturated fat 5 g, Cholesterol 65 mg, Sodium 1120 mg, Carbohydrate 45 g, Dietary fiber 4 g, Sugars 6 g, Protein 33 g, Vitamin C 25% DV, Calcium 20% DV, Iron 20% DV



### Nutritional Info (per serving)

Calories 270, Total fat 15 g, Saturated fat 4 g, Cholesterol 85 mg, Sodium 580 mg, Carbohydrate 7 g, Dietary fiber 0 g, Sugars 6 g, Protein 26 g, Vitamin A 4% DV, Vitamin C 0% DV, Calcium 4%DV, Iron 6% DV

## Saucy Honey Mustard Chicken

**Prep:** 5 min | **Ready In:** 20 min | **Makes:** 4 servings, one chicken breast and 4-1/2 tsp sauce each.

### Ingredients

- 1 Tbsp. oil
- 4 small boneless skinless chicken breast halves (1 lb.)
- 1/4 cup KRAFT Zesty Italian Dressing
- 1/4 cup PHILADELPHIA Cream Cheese Spread
- 2 Tbsp. GREY POUPON Dijon Mustard
- 1 Tbsp. honey

**HEAT** oil in large nonstick skillet on medium heat. Add chicken; cover. Cook 5 to 6 min. on each side or until cooked through (170°F).

**ADD** dressing, cream cheese spread, mustard and honey.

**COOK** and stir 2 min. or until sauce is smooth and bubbly.