

Monday

Crispy Baked Pesto Chicken

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

Ingredients

- 4 small boneless skinless chicken breasts (1 lb.)
- 1 pouch SHAKE 'N BAKE Original Chicken Seasoned Coating Mix
- 2 Tbsp. pesto
- 1/4 cup KRAFT Shredded Mozzarella Cheese

PREHEAT oven to 400°F. Coat chicken evenly with coating mix. Place in 8-inch square baking dish.

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

TOP chicken evenly with pesto; sprinkle with cheese. Bake an additional 5 min. or until cheese is melted and lightly browned.

Serve with hot cooked instant rice and steamed vegetables.

Nutritional Info (per serving)

Calories 260, Total fat 9 g, Saturated fat 2.5 g, Cholesterol 70 mg, Sodium 590 mg, Carbohydrate 15 g, Dietary fiber 1 g, Sugars 1 g, Protein 28 g, Vitamin A 8% DV, Vitamin C 0% DV, Calcium 8% DV, Iron 10% DV



Tuesday

Cheesy Meatball Subs

Prep: 5 min | **Ready In:** 15 min | **Makes:** 4 servings, 1 sandwich each

Ingredients

- 1 cup spaghetti sauce
- 1/2 cup water
- 2 Tbsp. KRAFT 100% Grated Parmesan Cheese
- 12 oz. (3/4 of 1-lb. pkg.) meatballs
- 4 crusty sandwich buns, split
- 3/4 cup KRAFT Shredded Mozzarella Cheese

COMBINE spaghetti sauce, water and Parmesan cheese in large skillet. Add meatballs; stir gently to evenly coat. Bring to boil on medium-high heat.

REDUCE heat to medium; simmer 8 min. or until meatballs are heated through, stirring occasionally.

SPOON into buns; sprinkle with cheese.

Nutritional Info (per serving)

Calories 490, Total fat 30 g, Saturated fat 13 g, Cholesterol 55 mg, Sodium 1320 mg, Carbohydrate 30 g, Dietary fiber 3 g, Sugars 7 g, Protein 24 g, Vitamin A 8% DV, Vitamin C 8% DV, Calcium 30% DV, Iron 15% DV



Wednesday

Polynesian Glazed Meatballs

Prep: 5 min | **Ready In:** 26 min | **Makes:** 4 servings

Ingredients

- 1 tsp. oil
- 2 cups chopped red peppers (about 1 large)
- 1 cup chopped onions (about 1 medium)
- 1/4 cup KRAFT Original Barbecue Sauce
- 1 tsp. ground ginger
- 1 tsp. garlic powder
- 2 cans (8 oz. each) pineapple chunks, drained, liquid reserved
- 12 oz. (3/4 of 1-lb. pkg.) frozen cooked meatballs
- 2 cups instant white rice, cooked as directed on package

HEAT oil in large skillet on medium-high heat. Add peppers and onions; cook 5 min. or until tender, stirring frequently.

STIR in barbecue sauce, ginger, garlic powder and reserved pineapple liquid. Add meatballs; mix lightly until evenly coated. Cook 10 min. or until meatballs are heated through, stirring occasionally. Add pineapple; mix well.

SERVE over the hot rice.



Nutritional Info (per serving)

Calories 570, Total fat 24 g, Saturated fat 9 g, Cholesterol 40 mg, Sodium 830 mg, Carbohydrate 73 g, Dietary fiber 5 g, Sugars 26 g, Protein 18 g, Vitamin A 50% DV, Vitamin C 130% DV, Calcium 8% DV, Iron 25% DV

Thursday

Chicken Alfredo Pesto Pasta

Prep: 10 min | **Ready In:** 30 min | **Makes:** 4 servings, 1-1/2 cups each

Ingredients

- 2 tsp. oil
- 1 lb. boneless skinless chicken breasts, cut into bite-size pieces
- 2 cups milk
- 1/2 cup (1/2 of 8-oz. tub) PHILADELPHIA Cream Cheese Spread
- 2 cups red pepper strips (about 1 large pepper)
- 1/4 cup KRAFT 100% Grated Parmesan Cheese
- 2 Tbsp. pesto
- 8 oz. (1/2 of 16-oz. pkg.) angel hair pasta, cooked, drained

HEAT oil in large nonstick skillet on medium heat. Add chicken; cook until cooked through, stirring occasionally.

STIR in milk and cream cheese spread; cook 3 min. or until cream cheese spread is completely melted and mixture is well blended. Add peppers, Parmesan cheese and pesto; stir. Cook 3 min. or until heated through, stirring occasionally.

ADD pasta; mix lightly.



Nutritional Info (per serving)

Calories 590, Total fat 22 g, Saturated fat 9 g, Cholesterol 115 mg, Sodium 430 mg, Carbohydrate 53 g, Dietary fiber 2 g, Sugars 10 g, Protein 41 g, Vitamin A 40% DV, Vitamin C 70% DV, Calcium 30% DV, Iron 20% DV