

1 Bag, 5 Dinners

During a busy week, you certainly don't want to visit the grocery store more than once. With ingredients that fit nicely into just one bag, we'll show you how to prepare a week's worth of delicious dishes! So take the express checkout tonight and get your week on track.



Tuesday

1





2



Thursday

3

Friday



Shopping List

11 0	Have	Buy
2 pkg. frozen beef meatballs		
2 lb. boneless skinless chicken breasts		
I pkg. SHAKE'N BAKE Original Coating Mix		
I jar pesto		
l pkg. angel hair/ capellini pasta		
I can pineapple chunks		
I bottle KRAFT Barbecue sauce		
2 large red peppers		
I tub PHILADELPHIA cream cheese spread		
I canister KRAFT 100% Grated Parmesan Cheese		
I jar spaghetti sauce		
4 crusty sandwich buns		
I pkg. KRAFT Mozzarella Shredded Cheese		
I box instant rice		
DIGIORNO Cheese Stuffed – Crust Pizza - Supreme		

Additional

antry Staples are not included in this list. The following ingredients should also be on-hand: oil, onion, ground ginger, garlic powder and milk.





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

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.)
- I 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.

Monday

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.

Tuesday



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

Cheesy Meatball Subs

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

Ingredients

- I 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 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

Polynesian Glazed Meatballs

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

Ingredients

- | tsp. oil
- 2 cups chopped red peppers (about I large)
- I cup chopped onions (about I medium)
- 1/4 cup KRAFT Original Barbecue Sauce
- I tsp. ground ginger
- I 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.

Wednesday

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 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

Chicken Alfredo Pesto Pasta

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

Ingredients

2 tsp. oil

- I 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
- 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.

Thursday

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.

