

Monday

No-Fuss Tex-Mex Roll-Ups

These tasty beef-stuffed tortillas are ready, from start to finish, in minutes.

Prep: 10 min | **Ready In:** 26 min | **Serves:** 4

Ingredients

- 1 lb. lean ground beef
- 2 cups chopped red peppers (about 2 peppers)
- 1 Tbsp. chili powder
- 1/2 cup BREAKSTONE'S or KNUDSEN Sour Cream
- 1/2 cup KRAFT Shredded Cheddar Cheese, divided
- 8 TACO BELL HOME ORIGINALS Flour Tortillas
- 1/4 cup KRAFT Zesty Italian Dressing
- 1/2 cup TACO BELL HOME ORIGINALS Salsa

BROWN meat in large nonstick skillet on medium-high heat; drain. Stir in peppers and chili powder; cook 5 min. or until peppers are crisp-tender, stirring occasionally. Remove from heat.

STIR in sour cream and 1/4 cup of the cheese. Spoon about 1/3 cup meat mixture onto each tortilla. Roll up and arrange in 13x9-inch baking pan. Drizzle with dressing; top with salsa and remaining 1/4 cup cheese.

BROIL, 4 to 6 inches from heat source, 3 to 5 min. or until cheese is melted and bubbly.

Nutrition (per serving)

Calories 570, Total fat 29 g,
Saturated fat 12 g, Cholesterol 105 mg,
Sodium 1130 mg, Carbohydrate 46 g,
Dietary fiber 4 g, Sugars 6 g, Protein 32 g,
Vitamin A 70% DV, Vitamin C 120% DV,
Calcium 20% DV, Iron 25% DV



Nutrition (per serving)

Calories 310, Total fat 17 g,
Saturated fat 8 g, Cholesterol 90 mg,
Sodium 650 mg, Carbohydrate 11 g,
Dietary fiber >1 g, Sugars 2 g, Protein 28 g,
Vitamin A 8% DV, Vitamin C 4% DV,
Calcium 15% DV, Iron 15% DV

Tuesday

Quick-Fix Cheeseburger Meat Loaf

Meat loaf is especially delicious with a quick topping of ketchup and cheese.

Prep: 5 min | **Ready In:** 50 min | **Serves:** 4

Ingredients

- 1 lb. lean ground beef
- 10 PREMIUM Saltine Crackers, crushed (about 1/2 cup)
- 2 Tbsp. GREY POUPON Dijon Mustard
- 1/4 cup ketchup
- 3/4 cup KRAFT Shredded Cheddar Cheese

PREHEAT oven to 375°F. Mix meat, cracker crumbs and mustard until well blended.

PAT meat mixture into 8-inch loaf pan. Bake 40 min. or until cooked through (160°F).

SPREAD meat loaf with ketchup; sprinkle with cheese. Bake 5 min. or until cheese is melted.

Fiesta Chicken Pasta

Who says pasta has to be Italian? This quick meal will have them asking for seconds!

Prep: 5 min | **Ready In:** 20 min | **Serves:** 4

Ingredients

- 2 cups rotini pasta, uncooked
- 1 Tbsp. oil
- 1 lb. boneless skinless chicken breasts, cut into bite-size pieces
- 2 cups chopped red peppers (about 2 medium)
- 1/4 cup KRAFT Zesty Italian Dressing
- 1 Tbsp. chili powder
- 1/2 cup TACO BELL HOME ORIGINALS Salsa
- 1/2 cup BREAKSTONE'S or KNUDSEN Sour Cream
- 1/2 cup KRAFT Shredded Cheddar Cheese

COOK pasta as directed on package.

MEANWHILE, heat oil in large skillet on medium-high heat. Add chicken. Cook and stir 6 min. Add peppers, dressing and chili powder; cook 3 min. or until chicken is cooked through, stirring frequently. Stir in salsa and sour cream.

TOSS pasta with chicken mixture. Sprinkle with cheese.

Nutrition (per serving)

Calories 510, Total fat 21 g,
Saturated fat 8 g, Cholesterol 100 mg,
Sodium 670 mg, Carbohydrate 42 g,
Dietary fiber 4 g, Sugars 6 g, Protein 35 g,
Vitamin A 70% DV, Vitamin C 120% DV,
Calcium 15% DV, Iron 20% DV



Nutrition (per serving)

Calories 390, Total fat 11 g,
Saturated fat 2 g, Cholesterol 65 mg,
Sodium 890 mg, Carbohydrate 41 g,
Dietary fiber 2 g, Sugars 3 g, Protein 29 g,
Vitamin A 15% DV, Vitamin C 50% DV,
Calcium 4% DV, Iron 20% DV

Zesty Chicken and Rice Skillet

A speedy and tasty chicken skillet dish that will be the delight of dinnertime.

Prep: 10 min | **Ready In:** 30 min | **Serves:** 4

Ingredients

- 1/2 cup KRAFT Zesty Italian Dressing, divided
- 1 Tbsp. GREY POUPON Dijon Mustard
- 1 lb. boneless skinless chicken breasts, cut into chunks
- 1 chicken bouillon cube, dissolved in 1-3/4 cups boiling water
- 2 cups red pepper strips (about 2 medium)
- 2 cups instant rice, uncooked

MIX 1/4 cup of the dressing and the mustard in large nonstick skillet until blended; heat on medium-high heat. Add chicken; cook 6 min. or until cooked through, stirring occasionally.

STIR in remaining 1/4 cup dressing, bouillon and peppers; cover. Simmer 2 min. or until heated through. Stir in rice; cover. Simmer 5 min. or until rice and peppers are tender.

REMOVE from heat; let stand 5 min. until liquid is absorbed.