

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

- 3 cups rotini pasta, uncooked
- 1 Tbsp. oil
- 1 lb. (500 g) boneless skinless chicken breasts, cut into bite-size pieces
- 2 cups chopped red peppers (about 1-1/2 medium)
- 1/4 cup Kraft Zesty Italian Dressing
- 1 Tbsp. chili powder
- 1/2 cup salsa
- 1/2 cup sour cream
- 1/2 cup Kraft Mozza-Cheddar Shredded 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.

DRAIN pasta. Toss with chicken mixture. Sprinkle with cheese.



Nutritional Info

Serving Size = 2-1/4 cups (560 mL)

Calories 470, Total fat 19g, Saturated fat 6g, Cholesterol 90mg, Sodium 650mg, Carbohydrate 39g, Dietary fibre 4g, Sugars 5g, Protein 36g, Vitamin A 40%DV, Vitamin C 250%DV, Calcium 15%DV, Iron 20%DV.

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. (500 g) lean ground beef
- 10 Premium Plus Crackers, crushed (about 1/2 cup)
- 2 Tbsp. Dijon or yellow mustard
- 1/4 cup ketchup
- 3/4 cup Kraft Mozza-Cheddar Shredded 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.



Nutritional Info

Serving Size = 1/4 recipe (156 g)

Calories 360, Total fat 22g, Saturated fat 10g, Cholesterol 85mg, Sodium 510mg, Carbohydrate 11g, Dietary fibre 1g, Sugars 2g, Protein 29g, Vitamin A 2%DV, Vitamin C 60%DV, Calcium 15%DV, Iron 20%DV.

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. (500 g) lean ground beef
- 2 cups chopped red peppers (about 1-1/2 medium)
- 1 Tbsp. chili powder
- 1/2 cup sour cream
- 1/2 cup Kraft Mozza-Cheddar Shredded Cheese, divided
- 8 flour tortillas (6 inch)
- 1/4 cup Kraft Zesty Italian Dressing
- 1/2 cup 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 cheese.

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

Nutritional Info

Serving Size = 2 enchiladas (280 g)

Calories 600, Total fat 32g, Saturated fat 13g, Cholesterol 85mg, Sodium 860mg, Carbohydrate 45g, Dietary fibre 4g, Sugars 6g, Protein 33g, Vitamin A 40%DV, Vitamin C 250%DV, Calcium 15%DV, Iron 35%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 Tbsp. oil
- 1 lb. (500 g) boneless skinless chicken breasts, cut into chunks
- 1/4 cup Kraft Zesty Italian Dressing
- 1 chicken bouillon cube, dissolved in 1-1/4 cups boiling water
- 1 tsp. Dijon mustard
- 2 cups red pepper strips (about 1-1/2 medium)
- 1-1/2 cups instant rice, uncooked

HEAT oil in large nonstick skillet on medium-high heat. Add chicken; cook 6 min. or until cooked through, stirring occasionally.

STIR in dressing, bouillon, mustard 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.

Nutritional Info

Serving Size = 1-1/2 cups (375 mL)

Calories 340, Total fat 11g, Saturated fat 1g, Cholesterol 65mg, Sodium 610mg, Carbohydrate 30g, Dietary fibre 1g, Sugars 2g, Protein 29g, Vitamin A 15%DV, Vitamin C 130%DV, Calcium 0%DV, Iron 8%DV.

