

Quick Taco Salad

This hearty salad is sure to be a hit at your next family fiesta!

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

Ingredients

- 1 lb. lean ground beef (500 g)
- 1 cup chopped onions (about 1 medium)
- 1 pkt. (37g) taco seasoning mix
- 1/4 cup water
- 10 cups torn romaine lettuce (about 1 large head)
- 1-1/2 cups chopped tomatoes (about 2 medium)
- 1 cup Kraft Double Cheddar Shreds
- 2 cups tortilla chips, coarsely crushed
- 1/4 cup Kraft Rancher's Choice Dressing

BROWN meat in large nonstick skillet sprayed with cooking spray on medium-high heat; drain. Return meat to skillet. Add onions; cook 5 min., stirring occasionally.

ADD taco seasoning mix and water; mix well. Bring to boil. Reduce heat to medium-low; simmer 3 min.

DIVIDE lettuce among four plates. Top evenly with the meat mixture, tomatoes, cheese and tortilla chips. Drizzle with dressing.



Nutritional Info

Serving Size = 1/4 recipe (280 g)

Calories 500, Total fat 33g, Saturated fat 13g, Cholesterol 95mg, Sodium 710mg, Carbohydrate 20g, Dietary fibre 4g, Sugars 7g, Protein 32g, Vitamin A 45%DV, Vitamin C 80%DV, Calcium 25%DV, Iron 30%DV.

Mozzarella Chicken & Rice Skillet

This quick chicken skillet is deliciously easy - even on the busiest weeknight!

Prep: 5 min | Ready In: 30 min | Serves: 4

Ingredients

- 1 Tbsp. vegetable oil
- 4 small boneless skinless chicken breasts (1 lb./500g)
- 1 can (10oz/284 mL) condensed cream of chicken soup
- 1 soup can milk or water
- 2 cups fresh or frozen & thawed broccoli florets
- 1-1/2 cups instant rice, uncooked
- 3/4 cup Kraft Mozzarella Shreds

HEAT oil in large nonstick skillet on medium-high heat. Add chicken; cook 5 min. on each side or until cooked through (170°F). Remove chicken from skillet; cover to keep warm.

ADD soup and milk to skillet; mix well. Bring to boil. Stir in broccoli and rice; top with chicken. Cover. Reduce heat to low.

COOK 5 min.; sprinkle with cheese. Remove from heat. Let stand, covered, 5 min. or until cheese is melted.



Nutritional Info

Serving Size = 1/4 recipe (376 g)

Calories 470, Total fat 18g, Saturated fat 6g, Cholesterol 95mg, Sodium 800mg, Carbohydrate 37g, Dietary fibre 1g, Sugars 6g, Protein 39g, Vitamin A 25%DV, Vitamin C 35%DV, Calcium 25%DV, Iron 15%DV.

Bruschetta Chicken Bake

Bruschetta moves to the centre of the plate! One-dish bake, made easy with *Stove Top* and *Kraft Mozzarella Shreds*.

Prep: 10 min | Ready In: 40 min | Serves: 6

Ingredients

- 1 can (19 fl. oz./540 mL) stewed tomatoes, undrained
- 1 pkg. (120 g) *Stove Top* Stuffing Mix for Chicken
- 2 cloves garlic, minced
- 1-1/2 lb. boneless skinless chicken breasts, cut into bite-size pieces
- 1 tsp. dried basil leaves
- 1 cup *Kraft Mozzarella Shreds*

PREHEAT oven to 400°F. Place tomatoes in medium bowl. Add stuffing mix and garlic; stir just until stuffing mix is moistened. Set aside.

PLACE chicken in 13x9-inch baking dish; sprinkle with basil and cheese. Top with stuffing mixture.

BAKE 30 min. or until chicken is cooked through.



Nutritional Info

Serving Size = 1 cup (250 mL)

Calories 280, Total fat 8g, Saturated fat 3.5g, Cholesterol 85mg, Sodium 750mg, Carbohydrate 18g, Dietary fibre 1g, Protein 33g, Calcium 10%DV, Iron 10%DV.

Jumbo Meatballs

These giant versions of your favourite meatballs are chock full of cheese and taste oh-so-good!

Prep: 10 min | Ready In: 40 min | Serves: 4

Ingredients

- 1 pkg. (120 g) *Stove Top* Stuffing Mix for Chicken
- 1/2 cup hot water
- 1 egg
- 1/4 cup *Kraft Rancher's Choice* Dressing
- 1 lb. (500 g) lean ground beef
- 1 cup *Kraft Double Cheddar Shreds*
- 1/3 cup ketchup

PREHEAT oven to 375°F. Combine stuffing mix, water, egg and dressing until moistened. Add meat and cheese; mix well. Shape into eight 2-inch meatballs.

PLACE on greased baking sheet; spread with ketchup.

BAKE 30 min. or until cooked through (160°F).



Nutritional Info

Serving Size = 2 meatballs (200 g)

Calories 530, Total fat 34g, Saturated fat 13g, Cholesterol 145mg, Sodium 1050mg, Carbohydrate 23g, Dietary fibre 0g, Sugars 3g, Protein 33g, Vitamin A 10%DV, Vitamin C 6%DV, Calcium 20%DV, Iron 25%DV.