



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.

Monday

1

Tuesday

2

Wednesday

3

Thursday

4

Friday

5



Shopping List

Have Buy

2.5 lb. boneless skinless chicken breasts	<input type="checkbox"/>	<input type="checkbox"/>
1 dozen eggs	<input type="checkbox"/>	<input type="checkbox"/>
1 package sliced bacon	<input type="checkbox"/>	<input type="checkbox"/>
1 package Shake'n Bake Extra Crispy Coating Mix	<input type="checkbox"/>	<input type="checkbox"/>
1 jar pasta sauce	<input type="checkbox"/>	<input type="checkbox"/>
1 package (900g) spaghetti	<input type="checkbox"/>	<input type="checkbox"/>
1 bottle Kraft Zesty Italian Dressing	<input type="checkbox"/>	<input type="checkbox"/>
1 bunch green onions	<input type="checkbox"/>	<input type="checkbox"/>
1 large tomato	<input type="checkbox"/>	<input type="checkbox"/>
2 small sweet potatoes	<input type="checkbox"/>	<input type="checkbox"/>
1 bag frozen peas	<input type="checkbox"/>	<input type="checkbox"/>
1 canister Kraft 100% Parmesan Grated Cheese	<input type="checkbox"/>	<input type="checkbox"/>
1 bunch celery	<input type="checkbox"/>	<input type="checkbox"/>
1 bag Kraft 4 Cheese Italiano Shredded Cheese	<input type="checkbox"/>	<input type="checkbox"/>
1 Delissio Pizza - your favourite flavour	<input type="checkbox"/>	<input type="checkbox"/>

Additional

Pantry staples are not included in this shopping list. The following ingredients should also be on-hand: onions, carrots, milk.

Monday

Harvest Chicken & Vegetable Bake

Crispy chicken and savoury vegetables all bake together in this no-effort one-pan dish.

Prep: 10 min | **Ready In:** 1 hour 5 min | **Serves:** 4

Ingredients

- 1 cup chopped celery (about 4 medium stalks)
- 1 cup chopped onions (about 1 large)
- 1 cup chopped carrots (about 2 medium)
- 1 cup coarsely chopped sweet potatoes (about 1/4 lb./125 g)
- 1/4 cup Kraft Zesty Italian Dressing
- 4 small boneless skinless chicken breasts (1 lb./500 g)
- 1 pkt. Shake'n Bake Extra Crispy Original Coating Mix
- 1/4 cup Kraft 100% Parmesan Grated Cheese

PREHEAT oven to 400°F. Toss vegetables with dressing; spoon into half of 13x9-inch baking dish.

BAKE 30 min., stirring vegetables after 15 min. Coat chicken with coating mix as directed on package. Arrange chicken in single layer next to vegetables. Bake 20 min.

SPRINKLE with cheese; bake an additional 5 min. or until chicken is cooked through (170°F) and vegetables are tender.



Nutritional Info

Serving Size = 1/4 recipe (881 g)

Calories 320, Total fat 10g, Saturated fat 2g, Cholesterol 70mg, Sodium 780mg, Carbohydrate 26g, Dietary fibre 2g, Sugars 7g, Protein 31g, Vitamin A 130%DV, Vitamin C 20%DV, Calcium 10%DV, Iron 10%DV.

Tuesday

Zesty Spaghetti Frittata

This easy, cheesy-topped spaghetti pie is a sure-fire hit!

Prep: 10 min | **Ready In:** 55 min | **Serves:** 4

Ingredients

- 2 cups cooked spaghetti
- 1 cup frozen peas, thawed
- 1/4 cup Kraft Zesty Italian Dressing
- 6 eggs
- 1/4 cup milk
- 1/2 cup chopped green onions
- 4 slices bacon, cooked, drained and chopped (about 1/4 cup)
- 1 cup Kraft Mozzarella Shreds
- 1 large tomato, cut into thin slices

PREHEAT oven to 350°F. Toss spaghetti and peas with dressing in 9-inch pie plate.

BEAT eggs and milk until well blended; pour over spaghetti mixture. Sprinkle with onions, bacon and cheese; top with tomatoes.

BAKE 40 to 45 min. or until centre is set and top is golden brown. Let stand 10 min. before cutting into wedges to serve.



Nutritional Info

Serving Size = 1 wedge (255 g)

Calories 440, Total fat 24g, Saturated fat 9g, Cholesterol 310mg, Sodium 750mg, Carbohydrate 30g, Dietary fibre 3g, Sugars 5g, Protein 24g, Vitamin A 25%DV, Vitamin C 20%DV, Calcium 25%DV, Iron 20%DV.



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Easy Chicken Parmesan

No need to brown the chicken first - just cover with sauce and cheese and bake.

Prep: 5 min | **Ready In:** 40 min | **Serves:** 6

Ingredients

- 1 jar (700 mL) pasta sauce
- 6 Tbsp. *Kraft* 100% Parmesan Grated Cheese, divided
- 6 small boneless skinless chicken breasts (1-1/2 lb./750 g)

1-1/2 cups *Kraft* Mozzarella Shreds

PREHEAT oven to 375°F. Pour sauce into 13x9-inch baking dish. Carefully stir in 4 Tbsp. (1/4 cup) of the Parmesan cheese. Add chicken; turn over to evenly coat both sides with sauce. Cover with foil.

BAKE 30 min. Uncover.

TOP with mozzarella cheese and remaining 2 Tbsp. Parmesan cheese; continue baking 5 min. or until chicken is cooked through (170°F) and cheese is melted. Serve over hot cooked pasta, if desired.



Nutritional Info

Serving Size = 1 chicken breast (311 g)

Calories 300, Total fat 12g, Saturated fat 6g, Cholesterol 100mg, Sodium 1020mg, Carbohydrate 11g, Dietary fibre 0g, Protein 36g, Vitamin A 10%DV, Vitamin C 2%DV, Calcium 25%DV, Iron 4%DV.

Quick 'n Easy Pasta

This 20-minute pasta dish has the world's easiest sauce - and lots of zesty flavour - thanks to the simple addition of Italian dressing!

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

Ingredients

- 300 g (1/3 of 900-g pkg.) spaghetti, uncooked
- 2 cups frozen peas
- 1/4 cup *Kraft* Zesty Italian Dressing
- 4 eggs, lightly beaten
- 1/4 cup *Kraft* 100% Parmesan Grated Cheese
- 3 slices bacon, cooked, crumbled (about 1/4 cup)

COOK pasta in large saucepan as directed on package, adding peas for the last minute of the cooking time; drain. Return to saucepan.

ADD remaining ingredients; cook on low heat 2 min. or until heated through, stirring constantly.

SERVE immediately.



Nutritional Info

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

Calories 500, Total fat 15g, Saturated fat 4g, Cholesterol 195mg, Sodium 870mg, Carbohydrate 66g, Dietary fibre 6g, Sugars 5g, Protein 23g, Vitamin A 15%DV, Vitamin C 10%DV, Calcium 15%DV, Iron 30%DV.