

what's cooking



# 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

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



For more recipes like this visit [kraftcanada.com](http://kraftcanada.com)

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.