

Four-Cheese Skillet Burgers

These easy burgers get all their flavour from *Shake'n Bake* coating mix!

Prep: 10 min | **Ready In:** 20 min | **Serves:** 4

Ingredients

- 1 lb. (500 g) lean ground beef
- 1 egg
- 2 Tbsp. ketchup
- 1 cup *Kraft* 4 Cheese Italiano Shredded Cheese, divided
- 2 tsp. Worcestershire sauce
- 1 pouch *Shake'n Bake* Extra Crispy Original Coating Mix
- 4 hamburger buns, split

MIX meat, egg, ketchup, 1/2 cup of the cheese, the Worcestershire sauce and coating mix. Shape into four 1/2-inch-thick patties.

PLACE patties in nonstick skillet on medium heat; cover. Cook 5 min. Turn burgers over; sprinkle evenly with remaining 1/2 cup cheese. Cook, uncovered, 5 min. or until burgers are cooked through (160°F).

SERVE in the buns.



Nutritional Info

Serving Size = 1 burger (196 g)

Calories 550, Total fat 25g, Saturated fat 10g, Cholesterol 120mg, Sodium 1200mg, Carbohydrate 46g, Dietary fibre 2g, Sugars 6g, Protein 34g, Vitamin A 10%DV, Vitamin C 2%DV, Calcium 35%DV, Iron 30%DV.

Italian Chicken Simmer

This saucy stew is very easy to make and simmers to perfection in no time.

Prep: 10 min | **Ready In:** 45 min | **Serves:** 4

Ingredients

- 1 Tbsp. olive oil
- 4 chicken leg quarters (1-1/2 lb./750 g), skin removed, cut in half
- 1 can (19 fl oz/540 mL) Italian-style diced tomatoes, undrained
- 1/3 cup tomato paste
- 2 cups chopped red peppers (about 2 small)
- 1/4 cup *Kraft* 100% Parmesan Grated Cheese
- 1/2 cup *Kraft* 4 Cheese Italiano Shredded Cheese

HEAT oil in large nonstick skillet on medium-high heat. Add chicken; cook 10 min. or until lightly browned on both sides, turning occasionally.

ADD tomatoes with their liquid and the tomato paste; mix well. Stir in the peppers; cover. Reduce heat to medium-low; simmer 20 min. or until chicken is cooked through (180°F), stirring occasionally.

REMOVE from heat. Stir in Parmesan cheese; sprinkle with shredded cheese. Let stand until cheese is melted.



Nutritional Info

Serving Size = 1/4 recipe (349 g)

Calories 310, Total fat 14g, Saturated fat 5g, Cholesterol 95mg, Sodium 1040mg, Carbohydrate 21g, Dietary fibre 4g, Sugars 12g, Protein 28g, Vitamin A 60%DV, Vitamin C 270%DV, Calcium 25%DV, Iron 20%DV.

Biscuit-Topped Tomato Beef Bake

Cheesy biscuits bake right on top of this easy casserole!

Prep: 25 min | Ready In: 55 min | Serves: 4

Ingredients

- 1 lb. (500 g) lean ground beef
- 3/4 cup chopped onions (1 medium)
- 1 can (10 oz/284 mL) condensed tomato soup
- 1 egg
- 3/4 cup milk
- 1 cup Kraft 4 Cheese Italiano Shredded Cheese
- 1/2 cup chopped green onions (2 medium)
- 1-1/2 cups all-purpose baking mix

PREHEAT oven to 400°F. Brown meat in large nonstick skillet on medium-high heat; drain. Return meat to skillet. Add onions; cook and stir 5 min. Stir in soup; cook 3 min. or until heated through. Spoon into 2-L baking dish.

BEAT egg and milk in medium bowl with wire whisk. Add cheese and onions; mix well. Add baking mix; stir just until moistened. Drop by spoonfuls over meat mixture.

BAKE 35 min. or until biscuits are golden brown and cooked through.



Nutritional Info

Serving Size = 1/4 recipe (331 g)

Calories 640, Total fat 32g, Saturated fat 13g, Cholesterol 140mg, Sodium 1330mg, Carbohydrate 48g, Dietary fibre 3g, Sugars 15g, Protein 39g, Vitamin A 15%DV, Vitamin C 6%DV, Calcium 40%DV, Iron 30%DV.

Crispy Chicken & Parmesan Vegetables

Juicy chicken pieces, tender new potatoes and colourful bell peppers all bake up together in this deliciously easy entree.

Prep: 15 min | Ready In: 55 min | Serves: 4

Ingredients

- 1 lb. new red potatoes, halved
- 4 chicken leg quarters (1-1/2 lb./750 g), skins removed
- 1 pouch Shake'n Bake Extra Crispy Original Coating Mix
- 2 cups 1-1/2-inch red pepper pieces (about 2 small peppers)
- 1/4 cup Kraft Rancher's Choice Dressing
- 1/4 cup Kraft 100% Parmesan Grated Cheese

PREHEAT oven to 375°F. Place potatoes in large microwaveable bowl or casserole dish; cover with vented plastic wrap or lid. Microwave on HIGH 7 min. Meanwhile, coat chicken with coating mix as directed on package. Place chicken on one side of greased foil-lined 15x10x1-inch baking pan.

ADD peppers, dressing and cheese to potatoes; toss to coat. Place in pan next to chicken.

BAKE 40 min. or until chicken is cooked through (180°F) and potatoes are tender.



Nutritional Info

Serving Size = 1/4 recipe (369 g)

Calories 370, Total fat 16g, Saturated fat 3g, Cholesterol 90mg, Sodium 660mg, Carbohydrate 33g, Dietary fibre 3g, Sugars 4g, Protein 26g, Vitamin A 30%DV, Vitamin C 240%DV, Calcium 10%DV, Iron 20%DV.