



Monday

## 15 Minute Chili Cheeseburger Skillet

This fast and delicious pasta dinner with its chili zip is sure to please.

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

### Ingredients

- 1 lb. extra lean ground beef
- 2 cups water
- 1 pkg. (225 g) Kraft Dinner Macaroni and Cheese
- 1 tsp. chili powder
- 3 cups chopped broccoli
- 1/4 cup ketchup

**BROWN** meat in large skillet; drain.

**STIR** in water, dry Macaroni and chili powder. Bring to boil; cover. Reduce heat to low; simmer 5 min., stirring twice.

**ADD** broccoli; simmer 5 min. or until Macaroni is tender. Stir in Cheese Sauce Mix and ketchup until blended.



### Nutritional Info

Serving Size = 1/4 recipe

Calories 419, Total fat 11.1g,  
Saturated fat 4.6 g, Cholesterol 69 mg,  
Sodium 941 mg, Carbohydrate 46.5 g,  
Dietary fibre 2.7 g, Protein 33.7 g,  
Vitamin A 14 %RDI, Vitamin C 87 %RDI,  
Calcium 10 %RDI, Iron 46 %RDI

Tuesday

## Weeknight Chicken Fajitas

These delicious fajitas are ready in just 15 minutes!

Prep: 5 min | Ready In: 15 min | Serves: 4

### Ingredients

- 1 tsp. oil
- 1 lb. boneless skinless chicken breasts, cut into strips
- 1/4 cup Kraft Golden Italian Dressing
- 3 cups fresh pre-cut stir-fry vegetables
- 2 tsp. chili powder
- 8 flour tortillas (6-inch)
- 1 cup Kraft Double Cheddar Shreds

**HEAT** oil in nonstick skillet on medium-high heat. Add chicken; cook 5 min. or until cooked through, stirring occasionally.

**STIR** in dressing, vegetables and chili powder; cook 5 min. or until vegetables are tender-crisp, stirring occasionally.

**ARRANGE** chicken mixture evenly on tortillas; sprinkle with cheese. Roll up.



### Nutritional Info

Serving Size = 2 fajitas

Calories 543, Total fat 22.8 g,  
Saturated fat 7.7 g, Cholesterol 95 mg,  
Sodium 750 mg, Carbohydrate 44.3 g,  
Dietary fibre 4.1 g, Protein 39.7 g,  
Vitamin A 53 %RDI, Vitamin C 100 %RDI,  
Calcium 22 %RDI, Iron 24 %RDI



## Cheesy Mini-Burgers

They may be small, but these hearty little patties cook up quick and pack a cheesy flavour punch.

**Prep:** 5 min | **Ready In:** 25 min | **Serves:** 4

### Ingredients

- 1 lb. extra lean ground beef
- 1 cup Kraft Double Cheddar Shreds, divided
- 1/2 cup ketchup, divided
- 1/2 tsp. garlic powder
- 2-2/3 cups hot cooked instant rice

**PREHEAT** oven to 400°F. Mix meat, 2/3 cup of cheese, 1/4 cup of the ketchup and garlic powder. Shape into 12 balls. Place on foil-covered baking sheet sprayed with cooking spray.

**FLATTEN** each ball into patty, about 1/2-inch-thick. Bake 15 min. or until cooked through; drain.

**SPREAD** remaining ketchup on each patty; sprinkle with remaining cheese. Bake an additional 5 min. or until cheese melts. Serve over rice.

### Nutritional Info

Serving Size = 1/4 recipe

Calories 464, Total fat 17.9 g,  
Cholesterol 91 mg, Sodium 678 mg,  
Carbohydrate 40.3 g, Dietary fibre 1.2 g,  
Protein 34.3 g, Vitamin A 8 %RDI,  
Vitamin C 8 %RDI, Calcium 18 %RDI,  
Iron 22 %RDI



## Creamy Chicken and Cheddar Rice

This rich, delicious family-pleaser is easily prepared in no time at all.

**Prep:** 10 min | **Ready In:** 25 min | **Serves:** 4

### Ingredients

- 1 lb. boneless skinless chicken breasts, cut into strips
- 1 tsp. garlic powder
- 1 can (10 fl oz/284 mL) condensed cream of mushroom soup
- 1 soup can milk
- 1-1/2 cups instant rice, uncooked
- 2 cups chopped fresh broccoli
- 1 cup Kraft Double Cheddar Shreds

**SPRAY** nonstick skillet with cooking spray. Add chicken; cover. Cook 5 min. or until cooked through. Sprinkle with garlic powder.

**ADD** soup and milk. Bring to boil. Stir in rice and broccoli; cover. Reduce heat to low; simmer 5 min. or until rice is tender.

**STIR** in 1/2 cup of the cheese; sprinkle with remaining cheese.

### Nutritional Info

Serving Size = 1/4 recipe

Calories 486, Total fat 18.7 g, Sodium 836 mg,  
Carbohydrate 37.9 g, Dietary fibre 1.8 g,  
Protein 40.4 g, Vitamin A 15 %RDI,  
Vitamin C 58 %RDI, Calcium 29 %RDI,  
Iron 12 %RDI

