

Saucy Italian Pork Chops

Prep: 10 min | **Total:** 25 min | **Serves:** 4

Ingredients

- 4 bone-in pork chops, 3/4-inch-thick (1.5 lb./750 g)
- 2 cups frozen mixed vegetables
- 1 tsp. dried oregano leaves
- 1/4 cup *Kraft Signature Calorie-Wise Balsamic Vinaigrette Dressing*
- 1 can (19 fl oz/540 mL) Italian-style diced tomatoes, drained
- 1/2 cup *Kraft Part Skim Mozzarella Shredded Cheese*

HEAT large nonstick skillet on medium-high heat. Add chops and vegetables; cook 2 min. or until bottoms of chops are browned. Turn chops over.

SPRINKLE with oregano; drizzle with dressing. Cover with tomatoes. Bring to boil; cover. Reduce heat to low; simmer 12 min. or until chops are cooked through (160°F), stirring occasionally.

SPRINKLE with cheese.

Serving Suggestion: Serve with 3 cups hot cooked long-grain white rice.



Nutrition Information

Serving Size = 1/4 recipe (337 g)

320 calories, 14g total fat, 5g saturated fat, 80mg cholesterol, 880mg sodium, 20g carbohydrate, 4g dietary fibre, 9g sugars, 30g protein, 45%DV vitamin A, 20%DV vitamin C, 15%DV calcium, 15%DV iron.

Creamy Chicken Macaroni

Prep: 10 min | **Total:** 30 min | **Serves:** 4

Ingredients

- 1 Tbsp. oil
- 1 lb. (500 g) boneless skinless chicken breasts, cut into bite-size pieces
- 1/4 cup chopped onions
- 1 tsp. paprika
- 2 cups water
- 2 cups chopped broccoli
- 1 pkg. (225 g) *Kraft Dinner Macaroni and Cheese*
- 1/4 cup sour cream

HEAT oil in large skillet on medium-high heat. Add chicken and onions; cook and stir 5 min. Add paprika; cook and stir 1 min.

STIR in water; broccoli and Macaroni; bring to boil. Reduce heat to medium-low; cover. Simmer 10 min. or until macaroni is tender and chicken is cooked through, stirring occasionally.

ADD Cheese Sauce Mix and sour cream; stir until well blended. Cook 2 min. or until heated through, stirring occasionally.

Variation - Cheesy Beef Skillet: Prepare as directed, substituting boneless beef sirloin steak, cut into strips, for the chicken.



Nutrition Information

Serving Size = 1-1/4 cups (300 mL)

410 calories, 10g total fat, 3.0 g saturated fat, 75mg cholesterol, 500mg sodium, 45g carbohydrate, 3g dietary fibre, 8g sugars, 35g protein, 15%DV vitamin A, 50%DV vitamin C, 10%DV calcium, 20%DV iron.

STOVE TOP Classic One-Dish Chicken Bake with Vegetables

Prep: 10 min | **Total:** 40 min | **Serves:** 4

Ingredients

- 1 cup hot water
- 1 pkg. (120 g) *Stove Top* Stuffing Mix for Chicken
- 1 lb. (500 g) boneless skinless chicken breasts, cut into bite-size pieces
- 1 can (10 fl oz/284 mL) condensed cream of chicken soup
- 1/3 cup sour cream
- 1-1/2 cups *Kraft* Part Skim Mozzarella Shredded Cheese
- 2 cups frozen mixed vegetables, thawed, drained

PREHEAT oven to 400°F. Add hot water to stuffing mix; stir just until moistened. Set aside.

PLACE chicken in 3-L baking dish. Mix soup, sour cream, cheese and vegetables; spoon over chicken. Top with prepared stuffing.

BAKE 30 min. or until chicken is cooked through.

How to Thaw Chicken Safely and Quickly: When thawing chicken under running water, be sure to use cold water. Keep the chicken in its original wrapper or place in a water-tight resealable plastic bag. Be careful not to cross-contaminate other food products, work surfaces or utensils with the dripping water.



Nutrition Information

Serving Size = 1/4 recipe (500 mL)

480 calories, 17g total fat, 8g saturated fat, 105mg cholesterol, 1320mg sodium, 34g carbohydrate, 2g dietary fibre, 3g sugars, 44g protein, 50%DV vitamin A, 8%DV vitamin C, 35%DV calcium, 25%DV iron.

Quick & Easy Pork Chop Skillet 🌞

Prep: 10 min | **Total:** 29 min | **Serves:** 4

Ingredients

- 4 bone-in pork chops, 3/4-inch-thick (1-1/2 lb./750 g)
- 1 tsp. oil
- 1/4 cup *Kraft Signature* Calorie-Wise Balsamic Vinaigrette Dressing, divided
- 1 small onion, sliced
- 1 clove garlic, minced
- 1 tsp. dried rosemary leaves
- 1 can (14 fl oz/398 mL) pear halves, undrained

BROWN chops in oil in large nonstick skillet on medium-high heat 3 min. on each side. Remove from skillet; set aside.

ADD 2 Tbsp. of the dressing, onions, garlic and rosemary to skillet. Cook 3 min.

RETURN chops to skillet. Add pears with juice and remaining 2 Tbsp. dressing. Simmer on medium heat 10 min. or until chops are cooked through (160°F). Arrange chops on platter; spoon sauce over chops.

Serving Suggestion: Serve with hot cooked rice and steamed green beans.



Nutrition Information

Serving Size = 1/4 recipe (249 g)

320 calories, 14g total fat, 4.5g saturated fat, 70mg cholesterol, 250mg sodium, 22g carbohydrate, 2g dietary fibre, 19g sugars, 24g protein, 0%DV vitamin A, 4%DV vitamin C, 2%DV calcium, 8%DV iron.