



## Asian Beef Stir-Fry 🌞

**Prep:** 10 min | **Total:** 20 min | **Serves:** 4

### Ingredients

- 1 lb. (500 g) boneless beef sirloin steak, cut into thin strips
- 2 tsp. minced garlic
- 1 pkg. (750 g) frozen stir-fry vegetables, thawed, drained
- 1/4 cup *Kraft Signature* Asian Sesame Dressing
- 1/4 cup lite soy sauce
- 3 cups hot cooked long-grain brown rice

**HEAT** large nonstick skillet sprayed with cooking spray on medium-high heat. Add meat and garlic; stir-fry 2 min.

**ADD** vegetables, dressing and soy sauce; stir-fry an additional 3 min. or until vegetables are crisp-tender and meat is cooked through.

**SPOON** rice onto serving platter; top with the meat mixture.

**Jazz It Up:** Sprinkle with 2 Tbsp. chopped peanuts.

**Nutrition Bonus:** Serve up this tasty meal any night of the week. The stir-fry vegetables are an excellent source of vitamins A and C. Eating right never tasted so good!

### Nutrition Information

**Serving Size = 2 cups (500 mL)**

450 calories, 11g total fat, 2.5g saturated fat, 55mg cholesterol, 850mg sodium, 55g carbohydrate, 8g dietary fibre, 11g sugars, 32g protein, 25%DV vitamin A, 60%DV vitamin C, 10%DV calcium, 30%DV iron.



## Pork Medallions with Cranberry Stuffing 🌞

**Prep:** 4 min | **Total:** 20 min | **Serves:** 4

### Ingredients

- 1 pork tenderloin (1 lb./500 g)
- 1/4 cup *Kraft Signature* Calorie-Wise Sundried Tomato and Oregano Dressing
- 1 Tbsp. Dijon mustard
- 1 pkg. (120 g) *Stove Top* Stuffing Mix for Chicken
- 1/3 cup dried cranberries

**CUT** meat crosswise into eight slices. Place cut sides down; pound with meat mallet to 1/2-inch thickness. Add to large nonstick skillet sprayed with cooking spray. Cook on medium-high heat 3 min. on each side or until browned on both sides. Reduce heat to low.

**COMBINE** dressing and mustard; pour over meat. Continue cooking 3 min. on each side or until meat is thickened. Meanwhile, prepare stuffing as directed on package, reducing margarine to 1 Tbsp. and adding cranberries to the water along with the stuffing mix.

**SPOON** stuffing onto serving plates. Add meat; drizzle with sauce.

### Nutrition Information

**Serving Size = 1/4 recipe (221 g)**

320 calories, 10g total fat, 2.0 g saturated fat, 60mg cholesterol, 710mg sodium, 26g carbohydrate, 1g dietary fibre, 8g sugars, 31g protein, 4%DV vitamin A, 4%DV vitamin C, 4%DV calcium, 20%DV iron.



## Mediterranean Chicken 🌞

**Prep:** 5 min | **Total:** 20 min | **Serves:** 4

### Ingredients

- 4 small boneless skinless chicken breasts (1 lb./500 g)
- 1 small onion, chopped
- 1 tsp. dried oregano leaves
- 1 can (19 fl oz./540 mL) Italian-style diced tomatoes, drained
- 1/4 cup *Kraft Signature Calorie-Wise Sundried Tomato and Oregano Dressing*
- 2 tsp. minced garlic
- 1/4 cup sliced stuffed green olives
- 3 cups hot cooked long-grain brown rice

**HEAT** large nonstick skillet sprayed with cooking spray on medium heat. Add chicken and onions; sprinkle with oregano.

**COOK** chicken 3 min. on each side or until chicken is lightly browned on both sides and onions are crisp-tender. Add tomatoes, dressing and garlic; stir gently. Continue to cook 4 to 6 min. or until chicken is cooked through (170°F), turning chicken after 3 min. Stir in olives.

**SPOON** rice onto serving platter; top with the chicken and sauce.

**Serving Suggestion:** Serve with your favourite steamed vegetable to round out the meal.



### Nutrition Information

**Serving Size = 1/4 recipe (239 g)**

380 calories, 8g total fat, 1.5g saturated fat, 65mg cholesterol, 880mg sodium, 45g carbohydrate, 4g dietary fibre, 8g sugars, 31g protein, 6%DV vitamin A, 15%DV vitamin C, 6%DV calcium, 15%DV iron.

## Garlic Steak & Onions 🌞

**Prep:** 10 min | **Total:** 32 min | **Serves:** 4

### Ingredients

- 1 boneless beef sirloin steak (1 lb./500 g)
- 1/2 tsp. freshly ground black pepper
- 1 large onion, cut into thin slices
- 2 tsp. minced garlic
- 1/4 cup *Kraft Signature Calorie-Wise Sundried Tomato and Oregano Dressing*
- 2 Tbsp. *Kraft 100% Light Grated Parmesan Cheese*
- 3 cups broccoli florets, steamed

**HEAT** large nonstick skillet sprayed with cooking spray on medium heat. Add steak; sprinkle with pepper. Cook steak 5 to 6 min. on each side or until medium doneness. Remove from skillet, reserving drippings in skillet. Place steak on cutting board; cover loosely with foil.

**ADD** onions and garlic to skillet. Stir in dressing; cover with lid. Cook 5 min.; stir. Cook, uncovered, an additional 4 to 5 min. or until onions are tender, stirring occasionally. Meanwhile, cut steak across the grain into thin slices; place on serving platter.

**TOP** steak with the onions; sprinkle with cheese. Serve with the broccoli.



### Nutrition Information

**Serving Size = 1/4 recipe (230 g)**

220 calories, 8g total fat, 2.5g saturated fat, 55mg cholesterol, 330mg sodium, 9g carbohydrate, 1g dietary fibre, 3g sugars, 28g protein, 15%DV vitamin A, 50%DV vitamin C, 10%DV calcium, 25%DV iron.