



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.



Shopping List

	Have	Buy
1 Deli rotisserie chicken	<input type="checkbox"/>	<input type="checkbox"/>
8 pork chops or steaks	<input type="checkbox"/>	<input type="checkbox"/>
1 bottle Kraft BarBQ Sauce	<input type="checkbox"/>	<input type="checkbox"/>
1 bottle Kraft Signature Asian Sesame Dressing	<input type="checkbox"/>	<input type="checkbox"/>
1 can 25%-less-sodium chicken broth	<input type="checkbox"/>	<input type="checkbox"/>
1 box instant rice	<input type="checkbox"/>	<input type="checkbox"/>
1 jar salsa	<input type="checkbox"/>	<input type="checkbox"/>
1 pkg. 8-inch flour tortillas	<input type="checkbox"/>	<input type="checkbox"/>
1 container orange juice	<input type="checkbox"/>	<input type="checkbox"/>
1 bunch fresh broccoli	<input type="checkbox"/>	<input type="checkbox"/>
1 bunch green onions	<input type="checkbox"/>	<input type="checkbox"/>
1 jar Kraft Pure Orange Marmalade	<input type="checkbox"/>	<input type="checkbox"/>
1 bag frozen peas	<input type="checkbox"/>	<input type="checkbox"/>
1 can whole kernel corn	<input type="checkbox"/>	<input type="checkbox"/>
1 can black beans	<input type="checkbox"/>	<input type="checkbox"/>
1 bag Kraft Tex Mex Shredded Cheese	<input type="checkbox"/>	<input type="checkbox"/>
1 pkg. sliced almonds	<input type="checkbox"/>	<input type="checkbox"/>
Delissio Pizza – your favourite flavour	<input type="checkbox"/>	<input type="checkbox"/>

Additional

Pantry Staples are not included in this list. The following ingredients should also be on-hand: soy sauce, eggs, ground ginger and garlic powder.

Chicken with Citrus Rice

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

Ingredients

- 1-1/2 cups instant rice, uncooked
- 1 cup 25% less sodium chicken broth
- 1/2 cup orange juice
- 2 tsp. soy sauce
- 1/4 cup sliced green onions
- 3 Tbsp. sliced almonds
- 4 pieces hot rotisserie chicken (1-1/2 lb./750 g)
- 2 cups steamed broccoli florets

COMBINE rice, broth, orange juice and soy sauce in microwaveable bowl; cover.

MICROWAVE on HIGH 5 min. Let stand 5 min. or until liquid is absorbed.

FLUFF rice with fork; sprinkle with onions and almonds. Serve with the chicken and broccoli.



Nutritional Info

Serving Size = 1/4 recipe (341 g)

Calories 460, Total fat 20 g, Saturated fat 5 g, Cholesterol 110 mg, Sodium 780 mg, Carbohydrate 32 g, Dietary fibre 1 g, Sugars 3 g, Protein 35 g, Vitamin A 15 %DV, Vitamin C 50 %DV, Calcium 4 %DV, Iron 15 %DV

Saucy Baked Chops

Prep: 5 min | Ready In: 50 min | Serves: 4

Ingredients

- 4 bone-in centre-cut pork chops (1 lb./500 g)
- 1/2 cup Kraft BarBQ Sauce
- 2 Tbsp. Kraft Pure Orange Marmalade or Apricot Jam
- 1 tsp. ground ginger
- 1 tsp. garlic powder

PREHEAT oven to 400°F. Place chops in 8-inch square baking dish.

COMBINE sauce, marmalade, ginger and garlic powder; spoon evenly over chops.

BAKE 45 min. or until chops are cooked through (160°F).

Serving Suggestion

Serve with a baked potato and steamed broccoli.



Nutritional Info

Serving Size = 1 chop (144 g)

Calories 220, Total fat 11 g, Saturated fat 3.5 g, Cholesterol 55 mg, Sodium 490 mg, Carbohydrate 15 g, Dietary fibre 0 g, Sugars 6 g, Protein 17 g, Vitamin A 10 %DV, Vitamin C 2 %DV, Calcium 2 %DV, Iron 8 %DV

Stir-fried Rice Pot

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

Ingredients

- 1-1/2 cups instant rice, uncooked
- 1-1/2 cups 25%-less-sodium chicken broth
- 2 tsp. oil, divided
- 2 eggs, lightly beaten
- 1 lb. (500 g) boneless pork steaks, cut into bite-size pieces
- 2 cups frozen peas, thawed
- 1/2 cup sliced green onions
- 1/4 cup *Kraft Signature* Asian Sesame Dressing

COMBINE rice and broth in microwaveable bowl; cover. Microwave on HIGH 5 min. Let stand 5 min. or until liquid is absorbed.

MEANWHILE, heat 1 tsp. of the oil in large nonstick skillet on medium-high heat. Add eggs; cook and stir 2 min. or until eggs are set but still moist. Remove from skillet; cover to keep warm.

COOK meat in remaining 1 tsp. oil in same skillet 5 min. or until cooked through, stirring occasionally. Add peas, onions and dressing; mix well. Stir in rice and eggs; cook 2 min. or until heated through.



Nutritional Info

Serving Size = 1-1/3 cups (325 mL)

Calories 430, Total fat 14 g, Saturated fat 3 g, Cholesterol 165 mg, Sodium 530 mg, Carbohydrate 39 g, Dietary fibre 4 g, Sugars 7 g, Protein 36 g, Vitamin A 20 %DV, Vitamin C 15 %DV, Calcium 6 %DV, Iron 20 %DV

Dinnertime Quesadillas

Prep: 10 min | Ready In: 16 min | Serves: 4

Ingredients

- 2 cups shredded cooked chicken
- 1/2 cup drained canned whole kernel corn
- 1/2 cup sliced green onions
- 1/2 cup drained canned black beans, rinsed
- 1 cup salsa
- 1 cup *Kraft Tex Mex* Shredded Cheese
- 8 flour tortillas (6 inch)

LAYER chicken, corn, onions, beans, salsa and cheese evenly over one half of each tortilla.

FOLD tortillas in half to enclose filling.

COOK one or two quesadillas at a time in large nonstick skillet on medium-high heat 3 min. on each side or until quesadillas are lightly browned on both sides and cheese is melted.



Nutritional Info

2 quesadillas (281 g) per serving

Calories 520, Total fat 19 g, Saturated fat 7 g, Cholesterol 90 mg, Sodium 1110 mg, Carbohydrate 51 g, Dietary fibre 6 g, Sugars 5 g, Protein 37 g, Vitamin A 10 %DV, Vitamin C 8 %DV, Calcium 25 %DV, Iron 30 %DV