

what's cooking



## Bag 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.

Monday 1 Tuesday 2 Wednesday 3 Thursday 4 Friday 5



## Shopping List

	Have	Buy
1 box (680 g) frozen beef meatballs	<input type="checkbox"/>	<input type="checkbox"/>
2 lb. boneless skinless chicken breasts	<input type="checkbox"/>	<input type="checkbox"/>
1 pkg. Shake 'n Bake Original Coating Mix	<input type="checkbox"/>	<input type="checkbox"/>
1 jar pesto	<input type="checkbox"/>	<input type="checkbox"/>
1 pkg. Angel hair/Capellini pasta	<input type="checkbox"/>	<input type="checkbox"/>
1 can pineapple chunks	<input type="checkbox"/>	<input type="checkbox"/>
1 bottle Kraft BarBQ sauce	<input type="checkbox"/>	<input type="checkbox"/>
2 large red peppers	<input type="checkbox"/>	<input type="checkbox"/>
1 tub Philadelphia Cream Cheese Spread	<input type="checkbox"/>	<input type="checkbox"/>
1 canister Kraft 100% Grated Parmesan Cheese	<input type="checkbox"/>	<input type="checkbox"/>
1 jar pasta sauce	<input type="checkbox"/>	<input type="checkbox"/>
4 crusty sandwich buns	<input type="checkbox"/>	<input type="checkbox"/>
1 bag Kraft Mozzarella Shredded Cheese	<input type="checkbox"/>	<input type="checkbox"/>
1 box instant rice	<input type="checkbox"/>	<input type="checkbox"/>
Delissio Pizza – your favourite flavour	<input type="checkbox"/>	<input type="checkbox"/>

## Additional

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

For more recipes like this visit  [kraftcanada.com](http://kraftcanada.com)

## Crispy Baked Pesto Chicken

Prep: 10 min | Ready In: 35 min | Serves: 4

### Ingredients

- 4 small boneless skinless chicken breasts (1 lb./500 g)
- 1 pouch Shake n' Bake Coating Mix
- 2 Tbsp. pesto
- 1/4 cup Kraft Mozzarella Shredded Cheese

**PREHEAT** oven to 400°F. Coat chicken evenly with coating mix. Place in 8-inch square baking dish.

**BAKE** min. or until chicken is cooked through (170°F).

**TOP** chicken evenly with pesto; sprinkle with cheese. Bake an additional 5 min. or until cheese is melted and lightly browned.

### Serving Suggestion

Serve with hot cooked instant rice and steamed vegetables.

### Nutritional Info

Serving Size = 1 chicken breast (150 g)

Calories 220, Total fat 7 g, Saturated fat 2 g, Cholesterol 70 mg, Sodium 630 mg, Carbohydrate 10 g, Dietary fibre 0 g, Sugars 0 g, Protein 29 g, Vitamin A 2 %DV, Vitamin C 2 %DV, Calcium 6 %DV, Iron 6 %DV



## Cheesy Meatball Subs

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

### Ingredients

- 1-1/2 cups pasta sauce
- 1/2 cup Kraft BarBQ Sauce
- 1/2 cup water
- 340 g (1/2 of a 680-g pkg.) frozen cooked meatballs
- 4 crusty sandwich buns, split
- 3/4 cup Kraft Mozzarella Shredded Cheese

**COMBINE** pasta sauce, barbecue sauce, water and meatballs in large skillet. Bring to boil on medium-high heat.

**REDUCE** heat to medium; simmer 8 min. or until meatballs are heated through, stirring occasionally.

**SPOON** into buns; sprinkle with cheese.

### Nutritional Info

Serving Size = 1 sandwich (261 g)

Calories 600, Total fat 27 g, Saturated fat 10 g, Cholesterol 60 mg, Sodium 1830 mg, Carbohydrate 58 g, Dietary fibre 2 g, Sugars 10 g, Protein 29 g, Vitamin A 25 %DV, Vitamin C 4 %DV, Calcium 25 %DV, Iron 35 %DV



## Polynesian-Glazed Meatballs

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

### Ingredients

- 1 tsp. oil
- 2 cups chopped red peppers (about 1 large)
- 1 cup chopped onions (about 1 medium)
- 1/4 cup Kraft BarBQ Sauce
- 1 tsp. ground ginger
- 1 tsp. garlic powder
- 1 can (14 fl oz/398 mL) pineapple chunks, drained, liquid reserved
- 340 g (1/2 of 680-g pkg.) frozen cooked meatballs
- 1-1/2 cups instant rice, cooked as directed on package

**HEAT** oil in large skillet on medium-high heat. Add peppers and onions; cook 5 min. or until tender, stirring frequently.

**STIR** in barbecue sauce, ginger, garlic powder and reserved pineapple liquid. Add meatballs; mix lightly until evenly coated. Cook 10 min. or until meatballs are heated through, stirring occasionally. Add pineapple; mix well.

**SERVE** over the hot rice.



### Nutritional Info

Serving Size = 1/4 recipe (276 g)

Calories 480, Total fat 18 g, Saturated fat 6 g, Cholesterol 40 mg, Sodium 670 mg, Carbohydrate 61 g, Dietary fibre 3 g, Sugars 20 g, Protein 20 g, Vitamin A 35 %DV, Vitamin C 220 %DV, Calcium 6 %DV, Iron 25 %DV

## Chicken Alfredo Pesto Pasta

Prep: 10 min | Ready In: 30 min | Serves: 4

### Ingredients

- 2 tsp. oil
- 1 lb. (500 g) boneless skinless chicken breasts, cut into bite-size pieces
- 2 cups milk
- 1/2 cup (1/2 of 250-g tub) Philadelphia Cream Cheese Spread
- 2 cups red pepper strips (about 1 large)
- 1/4 cup Kraft 100% Parmesan Grated Cheese
- 2 Tbsp. pesto
- 300 g (1/3 of 900-g pkg.) angel hair pasta, cooked, drained

**HEAT** oil in large nonstick skillet on medium heat. Add chicken; cook until cooked through, stirring occasionally.

**STIR** in milk and cream cheese spread. Add peppers, Parmesan cheese and pesto; stir until well blended.

**ADD** pasta; mix lightly.



### Nutritional Info

Serving Size = 1-1/2 cups (375 mL)

Calories 660, Total fat 22 g, Saturated fat 9 g, Cholesterol 110 mg, Sodium 420 mg, Carbohydrate 68 g, Dietary fibre 4 g, Sugars 10 g, Protein 44 g, Vitamin A 35 %DV, Vitamin C 130 %DV, Calcium 30 %DV, Iron 25 %DV