

Sweet Citrus Chicken

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

Ingredients

- 1 cup hot water
- 1 pkg. (120 g) *Stove Top* Stuffing Mix for Chicken
- 4 small boneless skinless chicken breasts (1 lb./500 g), pounded to 1/2-inch thickness
- 1/2 cup orange juice
- 1/4 cup firmly packed brown sugar
- 2 Tbsp. butter, melted

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

PLACE chicken in 13x9-inch baking dish. Mix juice, sugar and butter until well blended; pour over chicken. Top with prepared stuffing.

BAKE 30 min. or until chicken is cooked through (170°F).

Serve with your family's favourite steamed vegetables.

Nutrition Information

Serving size = 1/4 recipe (288 g)

320 calories, 8g total fat, 4g saturated fat, 80mg cholesterol, 500mg sodium, 32g carbohydrate, 0g dietary fibre, 16g sugars, 29g protein, 6%DV vitamin A, 15%DV vitamin C, 4%DV calcium, 15%DV iron.



One-Pan Roast Pork with Parmesan Fries

Prep: 10 min | Total: 1 hour | Serves: 4

Ingredients

- 1 egg white, lightly beaten
- 1/4 cup *Kraft* 100% Parmesan Grated Cheese
- 1 tsp. garlic salt, divided
- 1-1/4 lb. (625 g) Yukon gold or russet potatoes (about 4 medium), cut into wedges
- 1 pork tenderloin (1 lb./500 g)
- 2 Tbsp. *Kraft Signature* Balsamic Vinaigrette Dressing
- 1 Tbsp. honey

PREHEAT oven to 425°F. Combine egg white, cheese and 3/4 tsp. of the garlic salt. Add to potatoes in large bowl; toss to coat. Spread onto greased large baking sheet.

BAKE 15 min. Place meat on same baking sheet next to the potatoes; sprinkle with remaining 1/4 tsp. garlic salt. Bake an additional 20 min. Meanwhile, combine dressing and honey.

BRUSH meat with dressing mixture. Continue baking 10 to 15 min. or until meat is cooked through (160°F) and potatoes are tender, brushing occasionally with any remaining dressing mixture.

Serve with hot steamed green beans or asparagus.

Nutrition Information

Serving size = 1/4 recipe (262 g)

330 calories, 8g total fat, 2.5g saturated fat, 65mg cholesterol, 540mg sodium, 30g carbohydrate, 3g dietary fibre, 6g sugars, 33g protein, 2%DV vitamin A, 20%DV vitamin C, 8%DV calcium, 20%DV iron.



Italian Chicken & Tomato Pasta Toss

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



Nutrition Information

Serving size = 1-3/4 cups (425 mL)

470 calories, 15g total fat, 3g saturated fat, 125mg cholesterol, 470mg sodium, 45g carbohydrate, 5g dietary fibre, 3g sugars, 37g protein, 10%DV vitamin A, 20%DV vitamin C, 10%DV calcium, 15%DV iron.

Ingredients

- 3 cups (225 g) medium curly egg noodles, uncooked
- 1 Tbsp. olive oil
- 1 lb. (500 g) boneless skinless chicken breasts, cut into 1-1/2-inch pieces
- 2 cups grape or cherry tomatoes
- 1/4 cup Kraft Signature Balsamic Vinaigrette Dressing
- 3 cloves garlic, minced
- 1/2 cup chopped fresh basil
- 1/4 cup Kraft 100% Parmesan Grated Cheese

COOK noodles as directed on package.

MEANWHILE, heat oil in large nonstick skillet on medium-high heat. Add chicken; cook 6 min. or until cooked through, stirring occasionally. Add tomatoes, dressing and garlic. Cook and stir 3 min. or until heated through.

DRAIN pasta. Toss with the chicken mixture and basil; sprinkle with cheese.



Nutrition Information

Serving size = 1/4 recipe (188 g)

320 calories, 19g total fat, 8g saturated fat, 100mg cholesterol, 490mg sodium, 4g carbohydrate, 0g dietary fibre, 2g sugars, 32g protein, 2%DV vitamin A, 4%DV vitamin C, 8%DV calcium, 10%DV iron.

Ingredients

- 1 pork tenderloin (1 lb./ 500 g), cut into 1/2-inch-thick slices
- 1/2 cup (1/2 of 250-g tub) Philadelphia Herb & Garlic Cream Cheese Spread
- 1/3 cup 25%-less-sodium chicken broth
- 1/4 cup Kraft Signature Balsamic Vinaigrette Dressing
- 1/4 cup Kraft 100% Parmesan Grated Cheese
- 1 Tbsp. lemon juice
- 2 Tbsp. fresh basil, chopped

SPRAY large nonstick skillet with cooking spray. Heat on medium-high heat. Add meat; cook 2 min. on each side or until lightly browned on both sides.

ADD cream cheese spread, broth, dressing, Parmesan cheese and juice; stir until cream cheese spread is melted and mixture is well blended. Cook 3 min. or until sauce is thickened and meat is cooked through.

SPRINKLE with basil.

Serve with cooked egg noodles and peas.

Pork Medallions Alfredo

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