

Best-Ever Cheeseburgers 🌞

Prep: 10 min | **Total:** 18 min | **Serves:** 4

Ingredients

- 3/4 lb. (375 g) extra lean ground beef
- 1/3 cup Kraft Original BarBQ Sauce, divided
- 4 large onion slices (1/4 inch thick)
- 4 Kraft Singles Light Pasteurized Cheese Product Slices
- 4 whole wheat hamburger buns, split
- 1 tomato, cut into 4 slices

PREHEAT barbecue to medium-high heat. Mix meat and 2 Tbsp. of the barbecue sauce. Shape into four 1/2-inch-thick patties; set aside. Brush onions with 1 Tbsp. of the remaining barbecue sauce.

GRILL patties and onions 4 min. on each side or until burgers are cooked through (160°F) and onions are crisp-tender; brushing burgers with remaining barbecue sauce and topping with the Singles for the last minute of the grilling time. Meanwhile, grill buns, cut-sides down, 1 min. or until lightly toasted.

FILL buns with burgers, onions and tomatoes.



Nutrition Information

Serving Size = 1 cheeseburger (223 g)

380 calories, 12g total fat, 5g saturated fat, 60mg cholesterol, 910mg sodium, 43g carbohydrate, 5g dietary fibre, 7g sugars, 28g protein, 15%DV vitamin A, 10%DV vitamin C, 20%DV calcium, 25%DV iron.

Creamy Chicken Spaghetti 🌞

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

Ingredients

- 260 g whole wheat spaghetti, uncooked
- 1/4 cup Kraft Calorie-Wise Zesty Italian Dressing
- 1 lb. (500 g) boneless skinless chicken breasts, cut into 1-inch pieces
- 2 zucchini, cut in half lengthwise, then sliced crosswise
- 2 cups pasta sauce
- 125 g (1/2 of 250-g pkg.) Philadelphia Light Brick Cream Cheese Spread, cubed
- 2 Tbsp. Kraft 100% Light Grated Parmesan Cheese

COOK spaghetti as directed on package.

MEANWHILE, heat dressing in large nonstick skillet on medium-high heat. Add chicken; cook and stir 2 min. Add zucchini; cook an additional 2 min., stirring frequently. Stir in pasta sauce. Bring just to boil, stirring occasionally. Reduce heat to medium-low; simmer 5 min. or until chicken is cooked through. Add cream cheese spread; cook 1 min. or until cheese is melted and mixture is well blended, stirring occasionally.

DRAIN spaghetti; place on serving plate. Top with the chicken mixture; sprinkle with Parmesan cheese.



Nutrition Information

Serving Size = 2-1/4 cups (550 mL)

560 calories, 16g total fat, 6g saturated fat, 95mg cholesterol, 1080mg sodium, 64g carbohydrate, 9g dietary fibre, 7g sugars, 42g protein, 15%DV vitamin A, 30%DV vitamin C, 20%DV calcium, 25%DV iron.

Wednesday

Grilled Chicken & Vegetables Parmesan 🌞

Prep: 10 min | **Total:** 24 min | **Serves:** 4

Ingredients

- 4 small boneless skinless chicken breasts (1 lb./500 g)
- 4 ears corn on the cob
- 1 large onion, cut lengthwise into 8 wedges
- 1 red pepper, quartered lengthwise
- 1/4 cup Kraft *Calorie-Wise Zesty Italian Dressing*, divided
- 2 Tbsp. Kraft 100% Light Grated Parmesan Cheese

PREHEAT barbecue to medium-high heat. Brush chicken and vegetables with 2 Tbsp. of the dressing.

GRILL chicken and vegetables 12 to 14 min. or until chicken is cooked through (170°F) and vegetables are crisp-tender; turning after 7 min. and brushing with the remaining 2 Tbsp. dressing.

DIVIDE evenly among four serving plates. Sprinkle evenly with cheese.

Serving Suggestion: Serve with hot cooked brown rice.

Nutrition Information

Serving Size = 1/4 recipe (307 g)

290 calories, 4.0 g total fat, 1.0 g saturated fat, 70mg cholesterol, 370mg sodium, 37g carbohydrate, 5g dietary fibre, 6g sugars, 32g protein, 15%DV vitamin A, 90%DV vitamin C, 6%DV calcium, 10%DV iron.



Thursday

Double-Cheese and Veggie Macaroni 🌞

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

Ingredients

- 1 pkg. (200 g) Kraft *Dinner Extra Creamy Macaroni and Cheese*
- 1/4 cup Kraft *Calorie-Wise Zesty Italian Dressing*
- 2 small zucchini, chopped
- 1 large tomato, chopped
- 1/2 cup shredded *Cracker Barrel Cheddar Cheese Light - Made with 2% Milk*

PREPARE Dinner following the Sensible Solution directions on package. Meanwhile, heat dressing in large skillet on medium heat. Add zucchini; cook 5 min. or until crisp-tender; stirring occasionally.

ADD zucchini and tomatoes to prepared Dinner; mix well.

SPRINKLE with Cheddar cheese.

Jazz It Up: Add 1 tsp. dried basil leaves along with the tomatoes.

Serving Suggestion: Serve with a tossed green salad.

Nutrition Information

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

290 calories, 8g total fat, 2.5g saturated fat, 10mg cholesterol, 740mg sodium, 41g carbohydrate, 2g dietary fibre, 9g sugars, 14g protein, 15%DV vitamin A, 15%DV vitamin C, 25%DV calcium, 15%DV iron.

