

what's cooking



# 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.

Monday

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Tuesday

2

Wednesday

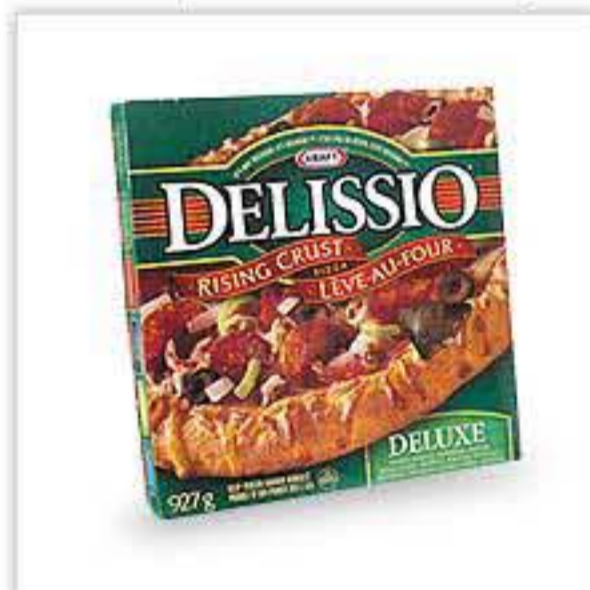
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Thursday

4

Friday

5



## Shopping List

	Have	Buy
2 lb. boneless skinless chicken breasts	<input type="checkbox"/>	<input type="checkbox"/>
2 lb. Italian sausage links	<input type="checkbox"/>	<input type="checkbox"/>
1 pkg. Shake 'n Bake Extra Crispy Coating Mix	<input type="checkbox"/>	<input type="checkbox"/>
1 jar salsa	<input type="checkbox"/>	<input type="checkbox"/>
1 pkg. rotini pasta	<input type="checkbox"/>	<input type="checkbox"/>
2 cans diced tomatoes	<input type="checkbox"/>	<input type="checkbox"/>
1 bottle Kraft Signature Balsamic Vinaigrette Dressing	<input type="checkbox"/>	<input type="checkbox"/>
1 pkg. Kraft 4 Cheese Italiano Shredded Cheese	<input type="checkbox"/>	<input type="checkbox"/>
1 each green, yellow and red pepper	<input type="checkbox"/>	<input type="checkbox"/>
4 Italian bread rolls	<input type="checkbox"/>	<input type="checkbox"/>
1 pkg. frozen broccoli florets	<input type="checkbox"/>	<input type="checkbox"/>
1 box instant rice	<input type="checkbox"/>	<input type="checkbox"/>
1 bottle Kraft Sweet 'N Sour Sauce	<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, soy sauce and onions.



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

## Crispy Salsa Chicken

Prep: 10 min | Total: 35 min | Serves: 4

### Ingredients

- 4 small boneless skinless chicken breasts (1 lb./500 g)
- 1 pouch *Shake'N Bake* Extra Crispy Original Coating Mix
- 1/2 cup salsa
- 1/2 cup *Kraft 4 Cheese Italiano* Shredded Cheese

**PREHEAT** oven to 400°F. Coat chicken with coating mix as directed on package. Place on ungreased baking sheet.

**BAKE** 20 min. or until chicken is cooked through (170°F).

**TOP** each chicken breast with 2 Tbsp. salsa. Sprinkle evenly with cheese. Bake an additional 5 min. or until cheese is melted.

**Serve** with a side of *Kraft Dinner* Macaroni and Cheese and hot steamed broccoli.

### Nutrition Information

Serving size = 1 breast (163 g)

250 calories, 7g total fat, 2.5g saturated fat, 75mg cholesterol, 940mg sodium, 14g carbohydrate, 1g dietary fibre, 1g sugars, 32g protein, 4%DV vitamin A, 2%DV vitamin C, 15%DV calcium, 6%DV iron.



### Nutrition Information

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

520 calories, 28g total fat, 9g saturated fat, 65mg cholesterol, 1240mg sodium, 38g carbohydrate, 3g dietary fibre, 5g sugars, 29g protein, 6%DV vitamin A, 25%DV vitamin C, 25%DV calcium, 25%DV iron.

## Quick Four Cheese Sausage Rotini

Prep: 10 min | Total: 25 min | Serves: 4

### Ingredients

- 3 cups (225 g) rotini pasta, uncooked
- 1 lb. (500 g) Italian sausage, cut into bite-size pieces
- 1-1/2 cups (1/2 of 28 fl oz/796 mL can) diced tomatoes, undrained
- 1 cup chopped onions (about 1 medium)
- 1/4 cup *Kraft Signature* Balsamic Vinaigrette Dressing
- 3/4 cup *Kraft 4 Cheese Italiano* Shredded Cheese, divided

**COOK** pasta as directed on package.

**MEANWHILE**, cook sausage in large nonstick skillet on medium-high heat 10 min. or until sausage is cooked through, stirring occasionally. Drain sausage; return to skillet. Add tomatoes with their liquid, the onions and dressing. Cook 5 min. or until onions are crisp-tender, stirring occasionally.

**DRAIN** pasta. Toss with the sausage mixture and 1/2 cup of the cheese. Sprinkle with the remaining 1/4 cup cheese.

# Wednesday

## Quick 'n Easy Sausage on a Bun

Prep: 10 min | Total: 35 min | Serves: 4

### Ingredients

- 4 Italian sausages (1 lb./500 g)
- 1-1/2 cups each: red and green pepper wedges (about 1 medium pepper each)
- 1 cup sliced onions (about 1 medium), separated into rings
- 1/4 cup Kraft Signature Balsamic Vinaigrette Dressing
- 1-1/2 cups (1/2 of 28-oz./796-mL can) diced tomatoes, undrained
- 4 Italian bread rolls, split lengthwise, toasted
- 3/4 cup Kraft 4 Cheese Italiano Shredded Cheese

**HEAT** large nonstick skillet on medium-high heat. Add sausages; cook 12 min. or until cooked through (170°F), turning after 6 min. Remove sausages from skillet; cover to keep warm. Drain skillet.

**ADD** peppers, onions and dressing to skillet; cook and stir 5 min. or until vegetables are crisp-tender. Stir in tomatoes. Bring to boil; cook 5 min., stirring occasionally.

**CUT** sausages lengthwise in half, being careful to not cut all of the way through to bottom of each sausage. Open sausages; place, cut-sides down, on bottom halves of rolls. Top evenly with pepper mixture and cheese. Cover with top halves of rolls.



### Nutrition Information

Serving Size = 1 sandwich (440 g)

580 calories, 31g total fat, 10g saturated fat, 65mg cholesterol, 1530mg sodium, 47g carbohydrate, 4g dietary fibre, 7g sugars, 32g protein, 20%DV vitamin A, 160%DV vitamin C, 30%DV calcium, 35%DV iron.

# Thursday

## Sweet & Sour Chicken Stir-Fry

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

### Ingredients

- 1 Tbsp. Oil
- 1 lb. (500 g) boneless skinless chicken breasts, sliced
- 1-1/2 cups yellow pepper strips (about 1 medium)
- 1/3 cup Kraft Sweet'n Sour Sauce
- 1/4 cup Kraft Signature Balsamic Vinaigrette Dressing
- 2 Tbsp. Soy sauce
- 2 cups frozen broccoli florets, thawed
- 1-1/2 cups instant white rice, cooked as directed on package

**HEAT** oil in large nonstick skillet on medium-high heat. Add chicken and peppers; cook 8 min. or until chicken is cooked through, stirring occasionally.

**ADD** sweet-and-sour sauce, dressing, soy sauce and broccoli; mix well. Cook 2 min. or until heated through, stirring occasionally.

**SERVE** over the hot rice.

**Substitute:** Instead of frozen broccoli, try snow peas.



### Nutrition Information

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

400 calories, 12g total fat, 1g saturated fat, 65mg cholesterol, 770mg sodium, 41g carbohydrate, 2g dietary fibre, 2g sugars, 32g protein, 8%DV vitamin A, 130%DV vitamin C, 4%DV calcium, 15%DV iron.

