The Essential Quarantine Cookbook

20 Recipes For The Stay-Home Cook
We’ve curated 20 of our favourite recipes to help you through this time of social distancing and isolation, and by downloading it you’ve helped us donate a *Kraft Heinz* product to Food Banks Canada.

Inside you’ll find easy recipes for kids, some freezer-friendly ideas to make use of pantry essentials, some recipes that are kind to the bank balance and a few quick fixes for when you’re low on time.

With a focus on simplicity and comfort, we hope you’ll find this cookbook an essential guide to creating some easy meal options while staying home.
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Kids At Home

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PEANUT BUTTER BUMBLEBeES
BANANA PEANUT BUTTER PANCAKES
Super Easy Peanut Butter Cookies

When we need cookies in a snap, this is our best go-to recipe – easy, fast and super delicious!

What You Need

1 cup Kraft Smooth Peanut Butter
1/2 cup sugar
1 egg

Make It

Heat oven to 325°F.
Mix all ingredients with large spoon until well blended.
Roll into 24 balls; place, 4 inches apart, on baking sheets. Flatten with fork.
Bake 20 min. or until lightly browned. (Do not overbake.)
Cool 5 min. on baking sheets; transfer to wire racks.
Cool completely.

Kids Can Cook

Get the kids in the kitchen and have some fun teaching them some basic cooking skills, such as measuring and baking.

Make Ahead

Place cooled cookies in airtight container or freezer-weight resealable plastic bag. Freeze up to 1 month. Thaw at room temperature before serving.
Easy Banana Bread

Love banana bread as much as we do? Then you are going to go bananas for our Easy Banana Bread – it will become your new go-to banana bread recipe.

What You Need

<table>
<thead>
<tr>
<th>Item</th>
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<tbody>
<tr>
<td>1 egg</td>
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<tr>
<td>1/2 cup Miracle Whip Calorie-Wise Spread</td>
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<tr>
<td>1-1/3 cups mashed fully ripe bananas (about 3)</td>
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<td>1-1/2 cups flour</td>
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<td>1 cup sugar</td>
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<td>1/2 cup chopped walnuts</td>
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<td>1 tsp. baking soda</td>
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<td>1 tsp. salt</td>
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Make It

Heat oven to 350ºF.

Beat egg, Miracle Whip and bananas in large bowl with whisk until blended. Combine remaining ingredients in separate bowl. Add to banana mixture; stir just until moistened.

Pour into 9x5-inch loaf pan sprayed with cooking spray.

Bake 1 hour or until toothpick inserted in centre comes out clean. Cool in pan 10 min.; remove from pan to wire rack. Cool completely.

Special Extra

Stir 1 cup Baker’s Semi-Sweet Chocolate Chips into batter before pouring into pan and baking as directed.

Substitutions

Don’t have Miracle Whip Calorie-Wise Spread? You can use regular Miracle Whip Original Spread or Heinz [Seriously] Good Mayonnoise.
VELVEETA Ultimate Macaroni and Cheese

Cheesy and easy, this homemade stove-top macaroni and cheese is a big hit with the kids. This might just be one of our easiest mac and cheese recipes yet!

What You Need

- 3 cups elbow macaroni, uncooked
- 340 g Velveeta Process Cheese Product, cut into 1/2-inch cubes
- 1/3 cup milk
- 1/8 tsp. pepper

Make It

Cook macaroni in large saucepan as directed on package, omitting salt; drain well. Return macaroni to pan.

Stir in remaining ingredients; cook on low heat until Velveeta is completely melted and sauce is well blended, stirring frequently.

Variation

Heat oven to 350°F. Prepare recipe as directed; spoon into 2-L casserole dish sprayed with cooking spray. Bake 25 min.

Substitutions

Substitute farfalle (bow-tie pasta) or your favourite shaped pasta for the macaroni.

Don't have Velveeta Process Cheese Product on hand? You can use 1 cup CHEEZ WHIZ Process Cheese Product, instead!
Peanut Butter Bumble Bees

Did you hear the buzz about these peanut butter cookies? Perfect for spring celebrations, these no-bake peanut butter and chocolate sweet treats will fly off the table.

What You Need

- 1 cup Kraft Smooth Peanut Butter
- 1/4 cup butter, softened
- 1 cup icing sugar
- 1-1/2 cups graham crumbs
- 1 oz. Baker’s Semi-Sweet Chocolate
- 1/4 cup sliced almonds, toasted

Make It

Beat peanut butter, butter and sugar in large bowl with mixer until blended. Add graham crumbs; mix well.

Shape into 30 (1-inch) ovals for the bumble bees’ bodies, using about 1 Tbsp. for each.

Melt chocolate as directed on package; drizzle, in stripes, across tops of bees. Insert nuts into both sides of each body for the wings. Let stand until chocolate is firm. Store in tightly covered container in refrigerator up to 3 days.

Kitchen Tips

How To Easily Shape Bees

To prevent the peanut butter mixture from sticking to your hands, dust your hands with additional icing sugar before using to roll the peanut butter mixture into ovals.

Substitutions

Don’t have Kraft Smooth Peanut Butter?
Swap in Kraft Crunchy Peanut Butter!
Fresh Banana-Peanut Butter Pancakes

Need a super easy pancake recipe you can whip up in a flash? Try our recipe for Fresh Banana-Peanut Butter Pancakes! All the ingredients can quickly be whirled up in a blender before cooking on the griddle.

What You Need

- 2 eggs
- 1 banana, cut into chunks
- 1/3 cup large flake rolled oats
- 2 Tbsp. Kraft All Natural Peanut Butter
- 1 tsp. Magic Baking Powder

Make It

Blend ingredients in blender just until combined.

Ladle batter onto hot griddle or into hot skillet sprayed with cooking spray, using 1/4 cup batter for each pancake. Cook on medium heat until bubbles begin to form on tops, then turn to brown other sides.

Special Extra

Slice half of an additional banana. Heat 1 Tbsp. maple syrup in small skillet on medium heat. Add sliced bananas; cook 2 min. on each side or until evenly browned, stirring frequently. Spoon over pancakes; drizzle with maple syrup.

Substitutions

You can use any Kraft Peanut Butter in this recipe. Try smooth, crunchy, or any of the Kraft Natural Peanut Butter varieties.
Pantry & Freezer Friendly

BOLONESE PASTA BAKE
SIMPLY LASAGNA
OVEN BBQ CHICKEN BREASTS
PHILADELPHIA 3-STEP CHEESECAKE
BAKER’S BEST CHOCOLATE CHIP COOKIES
Make-Ahead Bolognese Pasta Bake

Need a great make-ahead dinner recipe? Our Make-Ahead Bolognese Pasta Bake is a wonderful choice. Not only is it easy to prepare, but it can be frozen until ready to serve. And as an added plus, everyone is sure to love it.

What You Need

- 2 cups small pasta shells, uncooked
- 1 lb. (450 g) extra-lean ground beef
- 1/2 cup finely chopped onions
- 1 carrot, shredded (about 1 cup)
- 3 cloves garlic, minced
- 2 cups Classico di Napoli Tomato & Basil Pasta Sauce
- 1/4 cup Philadelphia Cream Cheese Product
- 1-1/3 cups shredded mozzarella cheese, divided
- 2 Tbsp. Kraft 100% Parmesan Shredded Cheese

Make It

Cook pasta as directed on package, omitting salt. Meanwhile, brown meat with onions, carrots and garlic in large skillet on medium heat. Stir in pasta sauce; cook 3 to 5 min. or until heated through, stirring frequently. Add cream cheese product; cook and stir 2 to 3 min. or until completely melted. Remove from heat. Stir in 2/3 cup mozzarella. Drain pasta. Add to meat mixture; mix well. Spoon into 13x9-inch baking dish sprayed with cooking spray; top with remaining cheeses. Wrap tightly. Freeze up to 1 month.

Heat oven to 400ºF. Unwrap casserole when ready to serve; cover with foil. Bake 1 hour or until heated through, uncovering for the last 10 min.

Serving Suggestion

Serve with garlic bread and a crisp tossed salad.

Note

Freezing step can be eliminated. Assemble casserole as directed; cover with foil. Bake in 350ºF oven 30 min. or until heated through, uncovering for the last 10 min.

Substitutions

You can use any tomato-based Classico Pasta Sauce in this recipe. Don’t have Kraft 100% Parmesan Shredded Cheese? Kraft 100% Parmesan Grated Cheese works just as well!
Simply Lasagna

Making lasagna has never been easier!

What You Need

1 lb. (450 g) lean ground beef
2-1/2 cups shredded part skim mozzarella cheese, divided
2 cups light ricotta cheese
1/2 cup Kraft 100% Parmesan Grated Cheese, divided
1/4 cup chopped fresh parsley
1 egg, beaten
1 jar (650 mL) Classico di Napoli Tomato & Basil Pasta Sauce
1-1/2 cups water
12 lasagna noodles, uncooked

Make It

Heat oven to 350°F.

Brown meat in large skillet on medium-high heat. Meanwhile, mix 1-1/4 cups mozzarella, ricotta, 1/4 cup Parmesan, parsley and egg until blended.

Drain meat; return to skillet. Stir in pasta sauce. Pour water into empty sauce jar; cover and shake well. Add to skillet; stir until blended.

Spread 1 cup meat sauce onto bottom of 13x9-inch baking dish; top with layers of 3 lasagna noodles, 1/3 of the ricotta mixture and 1 cup meat sauce. Repeat layers twice. Top with remaining noodles and meat sauce. Sprinkle with remaining mozzarella and Parmesan. Cover with foil sprayed with cooking spray.

Bake 1 hour or until heated through, uncovering after 45 min. Let stand 15 min. before cutting to serve.

Kitchen Tips

Serving Suggestion Serve with a crisp green salad tossed with Kraft Calorie-Wise Zesty Italian Dressing.

Easy Cleanup The foil is sprayed with cooking spray before using to cover the lasagna to help prevent it from sticking to the melted cheese. Placing a layer of sauce under the first layer of noodles will help prevent the noodles from sticking to the bottom of the baking dish.

Shortcut Adding water to the sauce helps cook traditional noodles during baking, so you don’t have to cook them beforehand. This saves you 15 to 20 minutes of prep time.

Note The noodles will expand during baking to fill the baking dish.

Substitute Substitute 1 pkg. (300 g) frozen chopped spinach for the browned ground beef. Thaw spinach; squeeze out excess liquid. Prepare as directed, covering each ricotta layer with 1/3 of the spinach.

Don’t have Classico di Napoli Tomato & Basil Pasta Sauce? You can use use any tomato-based Classico Pasta Sauce in this recipe.
Oven BBQ Chicken Breasts

Saucealicious. Is that a word? We hope so because it’s the only way to describe these chicken breasts baked in spicy-sweet BBQ sauce.

What You Need

- 3/4 cup Bull’s-Eye Bold Original Barbecue Sauce
- 6 small boneless skinless chicken breasts (1-1/2 lb./675 g)

Make It

- Heat oven to 375°F.
- Pour barbecue sauce over chicken in 13x9-inch baking dish sprayed with cooking spray.
- Bake 25 min. or until chicken is done (165°F).

Kitchen Tips

Use Your Barbecue

Heat greased barbecue to medium heat. Do not pour barbecue sauce over chicken as directed in recipe. Grill chicken 6 to 8 min. on each side or until done (165°F), turning and brushing frequently with barbecue sauce for the last few minutes.

Substitutions

Prepare using your favourite flavour of Bull’s-Eye Barbecue Sauce.
Philadelphia 3-Step Cheesecake

This creamy easy-to-make classic cheesecake is the perfect recipe to make anytime you’re asked to bring dessert. And the three simple steps makes it practically foolproof!

What You Need

2 pkg. (250 g each) Philadelphia Brick Cream Cheese, softened

1/2 cup sugar

1/2 tsp. vanilla

2 eggs

1 ready-to-use graham cracker crumb crust (9-inch)

Make It

Heat oven to 325°F.

Beat cream cheese, sugar and vanilla in medium bowl with mixer until blended. Add eggs; beat just until blended.

Pour into crust.

Bake 40 min. or until centre is almost set. Cool.

Refrigerate 3 hours.

How To Cut the Cheesecake

For clean edges on the cheesecake slices, use a sharp knife to cut the chilled cheesecake, wiping the knife blade with a damp cloth between each cut.

Substitutions

You can use Philadelphia Light Brick Cream Cheese in place of regular, if you like.

Special Extra

Serve each slice of cheesecake topped with a few fresh berries, or other cut-up fresh fruit, and a fresh mint sprig.
Baker’s Best
Chocolate Chip Cookies

This is our go-to chocolate chip cookie recipe. When you have a craving for a classic chocolate chip cookie, bake up a batch of these!

What You Need

- 1 cup butter, softened
- 1 cup packed brown sugar
- 1/2 cup granulated sugar
- 2 eggs
- 2 tsp. vanilla
- 2-1/4 cups flour
- 1 tsp. baking soda
- 1 pkg. (300 g) Baker’s Semi-Sweet Chocolate Chips

Make It

Heat oven to 375°F.

Beat butter, sugars, eggs and vanilla in large bowl until light and fluffy. Stir in flour and baking soda until well blended. Add chocolate chips; mix well.

Drop tablespoonfuls of dough, 2 inches apart, onto baking sheets.

Bake 10 to 12 min. or until lightly browned. Cool on baking sheet 3 min. Remove to wire racks; cool completely.

Make Ahead

Bake an extra batch of cookies to share! Place the cooled cookies in Ziploc® brand Freezer Bags with the Smart Zip® Seal and store at room temperature up to 3 days, or freeze up to 3 months.

Special Extra

Add 1 cup (250 mL) quick-cooking oats, flaked coconut or chopped pecans or walnuts to the cookie dough with the chocolate chips.

Substitution

Chopped Baker’s Semi-Sweet Chocolate makes a good substitution for the chocolate chips. You’ll need about 1-1/2 pkg. (225 g each), coarsely chopped.
Wallet Watchers

UPDATED SHEPHERD’S PIE
ONE-POT SALSA BEEF SKILLET
FAVOURITE MEATLOAF
EASY PIEROGI CASSEROLE
OUR FAVOURITE BROCCOLI SALAD
Updated Shepherd’s Pie

Love shepherd’s pie? Then our Updated Shepherd’s Pie is a must-try. We’ve added a few extras to the classic shepherd’s pie recipe to make it even better!

What You Need

- 1-1/4 lb. (565 g) red potatoes (about 4), cut into chunks
- 3 large cloves garlic
- 3/4 cup fat-free sour cream
- 1/2 cup shredded light cheddar cheese, divided
- 1 lb. (450 g) extra-lean ground beef
- 2 Tbsp. flour
- 3 cups frozen mixed vegetables (carrots, corn, green beans, peas), thawed
- 3/4 cup 25%-less-sodium beef broth
- 2 Tbsp. Heinz Tomato Ketchup

Make It

Cook potatoes and garlic in boiling water in large saucepan 20 min. or until potatoes are tender. Drain; return to saucepan. Add sour cream. Mash until potatoes are desired consistency. Stir in 1/4 cup cheese.

Heat oven to 375°F. Brown meat in large nonstick skillet. Stir in flour; cook and stir 1 min. Add mixed vegetables, broth and ketchup; cook 5 min., stirring occasionally. Spoon into 8-inch square baking dish; cover with potatoes.

Bake 18 min. or until heated through. Top with remaining cheese; bake 2 min. or until melted.

Substitutions

Substitute 1 cup low fat cottage cheese for the sour cream. Blend cottage cheese in blender until smooth, stopping frequently to scrape down side of blender container.

Heinz Chili Sauce makes a good substitution for Heinz Tomato Ketchup.
One-Pot Salsa Beef Skillet

By cooking the pasta in the salsa mixture, you infuse the dish with great flavour.

**What You Need**

- 1 lb. (450 g) extra-lean ground beef
- 2 cups water
- 1 cup salsa
- 1 pkg. (200 g) Kraft Dinner Extra Creamy Macaroni and Cheese
- 2 cups frozen corn
- 1/2 cup shredded tex mex cheese
- 1 green onion, chopped

**Make It**

Brown meat in large skillet on medium-high heat; drain. Return to skillet.

Add water, salsa and Macaroni; stir. Bring to boil; cover. Simmer on low heat 10 min. or until macaroni is tender, stirring occasionally. Add corn and Cheese Sauce Mix; stir. Cook and stir 2 min. or until heated through.

Top with shredded cheese and onions.

**Kitchen Tips**

**Special Extra**

For extra flavour, add 1 Tbsp. chili powder to the cooked meat along with the water, salsa and Macaroni.

**Serving Suggestion**

Serve with tortilla chips and guacamole.

**Substitutions**

Substitute chopped red or yellow peppers for the corn.

Don’t have *Kraft Dinner Extra Creamy Macaroni and Cheese? Use regular *Kraft Dinner Macaroni and Cheese!* To up the gooey cheese factor, add 2 Tbsp. *Cheez Whiz Process Cheese Product,* if you have it on hand.
Favourite Meatloaf

Our Favourite Meatloaf recipe is aptly named. We aren’t the only ones that love this tasty meatloaf - it’s one of our most popular meatloaf recipes!

What You Need

- 1 large onion, finely chopped
- 1/4 cup Kraft Calorie-Wise Zesty Italian Dressing
- 1-1/2 lb. (675 g) extra-lean ground beef
- 3/4 cup Heinz Tomato Ketchup, divided
- 1 pkg. (120 g) Stove Top Lower Sodium Stuffing Mix for Chicken
- 3/4 cup water
- 2 egg whites
- 1/2 cup shredded light old cheddar cheese

Make It

Heat oven to 375°F.

Cook onions in dressing in large nonstick skillet on medium heat 8 to 10 min. or until golden brown, stirring frequently. Remove from heat; cool slightly.

Mix meat, onions, 1/4 cup ketchup, stuffing mix, water and egg whites. Shape into 10x5-inch loaf in 13x9-inch baking dish sprayed with cooking spray; cover with remaining ketchup.

Bake 55 min. to 1 hour or until done (160°F). Top with cheese; bake 2 min. or until melted.

Kitchen Tips

Keeping It Safe

After shaping the meatloaf with your hands, be sure to wash your hands thoroughly with soap and hot water for at least 20 sec. A quick rinse under the faucet is not enough to kill any harmful bacteria.

Substitutions

Virtually any vinaigrette-style Kraft Dressing will work for sautéing the onions.

Cook Ground Meat Thoroughly

Cook ground beef thoroughly and evenly. The colour of the raw ground meat can vary from bright red to light pink. Do not rely on the colour of the meat to check for doneness but use an instant read thermometer instead. Ground beef should be cooked to an internal temperature of 160°F.

Shortcut

Prepare using shredded light double cheddar cheese.
Easy Pierogi Casserole

Pierogies are heartwarming, rib-sticking dumplings filled with cheese, onions, bacon and potatoes. Typically taking all day to make, this timesaving version produces just-as-delicious results.

What You Need

- 9 lasagna noodles, uncooked
- 4 cups hot mashed potatoes
- 1/2 cup Philadelphia Herb & Garlic Cream Cheese Product
- 6 green onions, thinly sliced
- 1 pkg. (80 g) fully cooked bacon pieces, divided
- 2 cups shredded double cheddar cheese, divided

Make It

- Heat oven to 375°F.
- Cook noodles as directed on package, omitting salt. Meanwhile, combine mashed potatoes, cream cheese product, onions, 1/2 cup bacon and 1 cup cheddar.
- Place 3 noodles in 13x9-inch baking dish sprayed with cooking spray; cover with 1/3 of the potato mixture. Repeat layers twice. Top with remaining bacon and Cheddar; cover.
- Bake 30 min. or until heated through. Uncover; bake 3 to 5 min. or until Cheddar is lightly browned. Let stand 10 min. before cutting to serve.

Kitchen Tips

Serving Suggestion

Serve with a mixed green salad tossed with your favourite Kraft Calorie-Wise Dressing.

How to Make the Mashed Potatoes

Peel 2 lb./900 g (about 4) baking potatoes; add to large saucepan of boiling water. Cook 20 to 25 min. or until tender. Drain potatoes, reserving 1/2 cup of the cooking water. Return potatoes to pan; mash until smooth. For extra creamy potatoes, add 1/4 to 1/2 cup of the reserved cooking water to the potatoes when mashing them.

Substitutions

For a change of pace, substitute cottage cheese for the mashed potatoes.

Don’t have Philadelphia Herb & Garlic Cream Cheese product in your fridge? Use Philadelphia regular and add 1 tsp. minced garlic and a pinch of your favourite dried herb blend, such as Italian seasoning.
Our Favourite Broccoli Salad

A crunchy make-ahead salad that is sure to be a winner.

What You Need

1/2 cup Miracle Whip Original Spread
1/2 cup sugar
2 Tbsp. Heinz Distilled White Vinegar
12 cups broccoli florets
1 small red onion, finely chopped
1/2 cup raisins
1/4 cup sunflower kernels
5 slices bacon, cooked, crumbled

Make It

Mix Miracle Whip, sugar and vinegar.

Combine broccoli, onions, raisins and sunflower kernels in large bowl. Add Miracle Whip mixture; toss to coat.

Refrigerate several hours. Sprinkle with bacon before serving.

Make Ahead

Salad can be refrigerated up to 24 hours before serving.

Substitutions

Prepare as directed, using Miracle Whip Calorie-Wise Dressing.

If you don’t have Miracle Whip, try Heinz [Seriously] Good Mayonnaise, instead!
Time Savers

CHICKEN ALFREDO-PESTO PASTA
EASY CHICKEN PARMESAN
PEANUT BUTTER BANANA COFFEE SMOOTHIE
CHEESEBURGER JOES
5-MINUTE LAYERED SOUTHWEST SALAD
Chicken Alfredo-Pesto Pasta

The entire family is sure to love this creamy hot pasta dish.

What You Need

220 g angel hair pasta, uncooked
2 tsp. oil
1 lb. (450 g) boneless skinless chicken breasts, cut into bite-size pieces
2 cups milk
1/2 cup Philadelphia Cream Cheese Product
1 large red pepper, cut into strips
1/4 cup Kraft 100% Parmesan Grated Cheese
2 Tbsp. Classico Basil Pesto di Genova

Make It

Cook pasta as directed on package, omitting salt. Meanwhile, heat oil in large nonstick skillet on medium heat. Add chicken; cook and stir 7 min. or until done.

Stir in milk and cream cheese product; cook 3 min. or until cream cheese is completely melted and mixture is well blended. Add peppers, Parmesan and pesto; stir. Cook 3 min. or until heated through, stirring occasionally.

Drain pasta. Add to cream cheese mixture; toss to coat.

Substitutions

Substitute 1 cup roasted red pepper strips for the fresh red pepper strips.

If you don’t have Philadelphia Cream Cheese Product, try Philadelphia Brick Cream Cheese - just be sure to let it soften a bit before measuring and using. You can also switch up the flavour by using Classico Pesto di Sardegna Sun-Dried Tomato in place of the Basil version.

Special Extra

Stir in 1 Tbsp. lemon zest or 1/2 cup pitted dry-cured olives along with the peppers.
Easy Chicken Parmesan

The super thing about this dish is that you get full flavor without having to brown the chicken.

What You Need

- 1 jar (650 mL) *Classico* di Napoli Tomato & Basil Pasta Sauce
- 6 Tbsp. finely shredded parmesan cheese, divided
- 6 small boneless skinless chicken breasts (1-1/2 lb./675 g)
- 330 g spaghetti, uncooked
- 1-1/2 cups shredded mozzarella cheese

Make It

- Heat oven to 375°F.
- Pour sauce into 13x9-inch baking dish sprayed with cooking spray. Stir in 1/4 cup (4 Tbsp.) Parmesan. Add chicken; turn to evenly coat both sides of each breast with sauce. Cover.
- Bake 30 min. or until chicken is done (165°F). Meanwhile, cook spaghetti as directed on package, omitting salt.
- Top chicken with remaining cheeses; bake, uncovered, 5 min. or until mozzarella is melted.
- Drain spaghetti. Serve topped with chicken and sauce.

Substitutions

Prepare using *Kraft* 100% Parmesan Light Grated Cheese, whole wheat spaghetti and shredded part skim mozzarella cheese.

You can use any tomato-based *Classico* Pasta Sauce in this recipe.

Note

If using larger chicken breasts, cut lengthwise in half before using as directed.
Peanut Butter-Banana Coffee Smoothie

Love both coffee and smoothies in the morning? If so, have you ever tried combining the two? This simple smoothie recipe combines the classic pairing of peanut butter and banana with the addition of brewed coffee for an extra flavour boost. Don’t knock it ‘til you try it!

What You Need

- 1/2 cup brewed Nabob Tradition Coffee, cooled
- 1/2 cup milk
- 2 Tbsp. Kraft All Natural Peanut Butter
- 1 banana
- 1/2 cup ice cubes

Make It

Blend all ingredients except ice in blender until smooth.

Add ice; blend until thickened. Pour into 2 glasses.

Serve immediately.

Substitutions

Prepare as directed, substituting 1 Tbsp. Maxwell House Instant Coffee Original Roast for the brewed coffee, and increasing the milk to 1 cup.

Any Kraft Peanut Butter variety will work in this smoothie!

Special Extra

Garnish with shaved Baker’s Chocolate before serving.
Cheeseburger Joes

The kids are sure to love this 15-minute meal.

What You Need

1 lb. (450 g) extra-lean ground beef
1/2 cup Kraft BarBQ Sauce
4 hamburger buns
4 Kraft Singles Cheese Slices

Make It

Brown meat in large skillet; drain.

Add barbecue sauce; cook 5 min. or until heated through, stirring occasionally.

Fill buns with meat mixture and Singles.

Substitutions

Prepare using ground turkey and Kraft Singles Light Process Cheese Product Slices.

Any Kraft Singles Cheese Slices variety will work here. Try Kraft Extra Cheddar Process Cheese Product Slices for an extra-cheesy boost.

Special Extra

Top with Heinz Ketchup for a flavour explosion.
5-Minute Layered Southwest Salad

Feast on a hearty layered salad that’s simple enough for a weeknight.

**What You Need**

- 6 cups torn romaine lettuce
- 1 can (19 fl oz/ 540 mL) black beans, drained, rinsed
- 1 can (12 fl oz/341 mL) corn, drained
- 1/2 cup salsa
- 1/2 cup shredded tex mex cheese
- 1/4 cup *Kraft Rancher’s Choice* Dressing
- 1 cup broken tortilla chips

**Make It**

Place lettuce on serving platter or in bottom of glass serving bowl.

Cover with layers of beans, corn, salsa and cheese.

Drizzle with dressing; sprinkle with chips.

**Substitutions**

Substitute any canned beans for the black beans.

Don’t have *Kraft* Ranch Dressing on hand? Just use your favourite *Kraft* or *Renee’s* Dressing, instead!
Thank you for downloading this cookbook, by doing so you’ve helped make a donation to Food Banks Canada and, in turn, helped feed those that need it most.