

food&family



1 Bag, 5 Dinners: Healthy Living ☀️

With our Healthy Living shopping bags and a week's worth of recipes for each, now dinnertime can be both simple and smart!

Monday

1

Tuesday

2

Wednesday

3

Thursday

4

Friday

5




Shopping List

	Have	Buy
1 head garlic	<input type="checkbox"/>	<input type="checkbox"/>
1 lb. red potatoes	<input type="checkbox"/>	<input type="checkbox"/>
1 bag carrots	<input type="checkbox"/>	<input type="checkbox"/>
1 lb. extra lean ground beef	<input type="checkbox"/>	<input type="checkbox"/>
1 lb. beef chuck for stew	<input type="checkbox"/>	<input type="checkbox"/>
1-1/2 lb. boneless skinless chicken breasts	<input type="checkbox"/>	<input type="checkbox"/>
1 pkg. OSCAR MAYER Bacon	<input type="checkbox"/>	<input type="checkbox"/>
1 tub PHILADELPHIA Neufchatel Cheese, 1/3 Less Fat than Cream Cheese	<input type="checkbox"/>	<input type="checkbox"/>
1 bottle KRAFT Light Zesty Italian Reduced Fat Dressing	<input type="checkbox"/>	<input type="checkbox"/>
1 can (15 oz.) tomato sauce	<input type="checkbox"/>	<input type="checkbox"/>
1 can (14-1/2 oz.) fat-free reduced-sodium beef broth	<input type="checkbox"/>	<input type="checkbox"/>
1 bottle KRAFT Original Barbecue Sauce	<input type="checkbox"/>	<input type="checkbox"/>
1 canister KRAFT 100% Grated Parmesan Cheese	<input type="checkbox"/>	<input type="checkbox"/>
1 pkg. spaghetti	<input type="checkbox"/>	<input type="checkbox"/>
1 can (14 oz.) diced tomatoes	<input type="checkbox"/>	<input type="checkbox"/>
1 pkg KRAFT Macaroni & Cheese Dinner	<input type="checkbox"/>	<input type="checkbox"/>
1 pkg. frozen mixed vegetables	<input type="checkbox"/>	<input type="checkbox"/>
1 DIGIORNO Thin Crust Spinach, Mushroom & Garlic	<input type="checkbox"/>	<input type="checkbox"/>

Additional

Pantry staples are not included in this list. The following ingredients should also be on-hand; black pepper, fat-free milk, onions, garlic powder, dried oregano, dried basil leaves, butter and flour.

For more recipes like this visit  kraftfoods.com

Monday

Spaghetti with Zesty Bolognese 🌞

Prep: 10 min | Total: 30 min | Serves: 6

Ingredients

- 1 small onion, chopped
- 1/4 cup KRAFT Light Zesty Italian Reduced Fat Dressing
- 1 lb. extra lean ground beef
- 1 can (15 oz.) tomato sauce
- 1 can (14 oz.) diced tomatoes, undrained
- 2 Tbsp. PHILADELPHIA Neufchatel Cheese, 1/3 Less Fat than Cream Cheese
- 12 oz. spaghetti, uncooked
- 1/4 cup KRAFT 100% Grated Parmesan Cheese

COOK onions in dressing in large skillet on medium heat. Increase heat to medium-high. Add meat; cook, stirring frequently, until browned. Stir in tomato sauce and tomatoes. Bring to boil. Reduce heat to medium-low; simmer 15 min. Remove from heat. Stir in Neufchatel cheese until well blended.

MEANWHILE, cook pasta as directed on package.

SPOON sauce over pasta. Sprinkle with Parmesan cheese.

Nutrition Bonus: Everybody loves spaghetti! Feel good serving up this low-calorie, low-fat version of a family favorite.

Nutrition Info (per serving)

Calories 390, Total fat 8g, Saturated fat 3.5g, Cholesterol 55mg, Sodium 770mg, Carbohydrate 53g, Dietary fiber 4g, Sugars 8g, Protein 26g, Vitamin A 10%DV, Vitamin C 25%DV, Calcium 10%DV, Iron 25%DV.

Tuesday

Cheesy Chicken & Veggie Mac 🌞

Prep: 15 min | Total: 25 min | Serves: 4 (1-1/4 cups each)

Ingredients

- 1 pkg. (7-1/4 oz.) KRAFT Macaroni & Cheese Dinner
- 1 pkg. (10 oz.) frozen mixed vegetables
- 1/4 cup fat-free milk
- 2 tsp. butter
- 1/2 lb. boneless skinless chicken breasts, cooked, chopped (about 1 cup)
- 1/8 tsp. garlic powder

COOK Macaroni in large saucepan as directed on package, adding the vegetables to the boiling water along with the macaroni. Drain; return to pan.

ADD Cheese Sauce Mix and remaining ingredients; mix well. Reduce heat to low; cook 1 to 2 min. or until heated through, stirring occasionally.

Family Fun: Let the kids choose their favorite vegetables to use in this cheesy dinner!

Nutrition Bonus: The mixed vegetables in this tasty low fat, main dish are a good source of vitamin A.

Nutrition Info (per serving)

Calories 320, Total fat 6g, Saturated fat 3g, Cholesterol 50mg, Sodium 490mg, Carbohydrate 46g, Dietary fiber 4g, Sugars 8g, Protein 22g, Vitamin A 80%DV, Vitamin C 15%DV, Calcium 15%DV, Iron 15%DV.

Wednesday

Easy Slow-Cooker Beef Stew 🌞

Prep: 15 min | Total: 9 hours 30 min | Serves: 4, about 1-2/3 cups each

Ingredients

- 1 cup fat-free reduced-sodium beef broth
- 1/4 cup KRAFT Light Zesty Italian Reduced Fat Dressing
- 1/4 cup KRAFT Original Barbecue Sauce
- 1 tsp. dried oregano leaves
- 1 lb. boneless beef chuck for stew, cut into 1-1/4-inch cubes
- 1 lb. red potatoes, quartered
- 4 large carrots, cut into 1-inch-thick slices
- 1 large onion, cut into chunks
- 2 slices OSCAR MAYER Bacon, chopped
- 3 Tbsp. flour
- 3 Tbsp. water

MIX broth, dressing, barbecue sauce and oregano in slow cooker. Add all remaining ingredients except flour and water; toss to coat. Cover with lid. Cook on LOW for 8 to 9 hours (or on HIGH for 4 to 5 hours).

TRANSFER meat and vegetables to serving bowl with slotted spoon; cover with foil. Set aside.

MIX flour and water until well blended. Stir into juices in slow cooker; cover. Cook on HIGH for 15 min. or until sauce is slightly thickened. Spoon over meat and vegetables.

Substitute: Prepare as directed, using your favorite flavor of KRAFT Barbecue Sauce.



Nutrition Info (per serving)

Calories 420, Total fat 16g, Saturated fat 6g, Cholesterol 75mg, Sodium 780mg, Carbohydrate 43g, Dietary fiber 6g, Sugars 15g, Protein 25g, Vitamin A 310%DV, Vitamin C 25%DV, Calcium 8%DV, Iron 25%DV.

Thursday

Skillet Chicken & Vegetables Parmesan 🌞

Prep: 5 min | Total: 18 min | Serves: 4

Ingredients

- 1/4 cup KRAFT Light Zesty Italian Reduced Fat Dressing
- 2 cloves garlic, minced
- 4 small boneless skinless chicken breast halves (1 lb.)
- 1 tsp. dried basil leaves, divided
- 1/4 tsp. black pepper
- 1 pkg. (10 oz.) frozen mixed vegetables, thawed
- 2 Tbsp. KRAFT 100% Grated Parmesan Cheese

MIX dressing and garlic in large skillet. Cook on medium heat 1 min. Add chicken; season with 3/4 tsp. of the basil and the pepper. Cook 4 to 5 min. on each side or until chicken is cooked through (165°F).

ADD vegetables to skillet; sprinkle with remaining 1/4 tsp. basil. Cook 2 to 3 min. or until vegetables are heated through, stirring occasionally.

SPRINKLE with the cheese.

Jazz It Up: For a spicier flavor, substitute crushed red pepper flakes for the black pepper.



Nutrition Info (per serving)

Calories 200, Total fat 4.5g, Saturated fat 1.5g, Cholesterol 70mg, Sodium 380mg, Carbohydrate 9g, Dietary fiber 2g, Sugars 3g, Protein 28g, Vitamin A 20%DV, Vitamin C 8%DV, Calcium 10%DV, Iron 8%DV.