

15 Minute Chili Cheeseburger Skillet

This fast and delicious pasta dinner with its chili zip is sure to please.

Prep Time: 5 min | **Total Time:** 20 min | **Makes:** 4 servings

Ingredients

- 1 lb. lean ground beef
- 2 cups water
- 1 pkg. (7-1/4 oz.) KRAFT Macaroni & Cheese Dinner
- 1 tsp. chili powder
- 3 cups chopped broccoli
- 1/4 cup ketchup

BROWN meat in large skillet; drain.

STIR in water, Macaroni and chili powder. Bring to boil; cover. Reduce heat to low; simmer 5 min., stirring twice.

ADD broccoli; simmer 5 min. or until macaroni is tender. Stir in Cheese Sauce Mix and ketchup until blended.



Nutrition (per serving)

Calories 400, Total fat 12 g, Saturated fat 4.5 g, Cholesterol 75 mg, Sodium 700 mg, Carbohydrate 44 g, Dietary fiber 3 g, Sugars 8 g, Protein 31 g, Vitamin A 15% DV, Vitamin C 50% DV, Calcium 20% DV, Iron 25% DV

Weeknight Chicken Fajitas

These delicious fajitas are ready in just 15 minutes!

Prep Time: 5 min | **Total Time:** 15 min | **Makes:** 4 servings

Ingredients

- 1 tsp. oil
- 1 lb. boneless skinless chicken breasts, cut into strips
- 1/4 cup KRAFT Italian Dressing
- 3 cups fresh pre-cut stir-fry vegetables
- 2 tsp. chili powder
- 8 TACO BELL HOME ORIGINALS Flour Tortillas
- 1 cup KRAFT Shredded Cheddar Cheese

HEAT oil in nonstick skillet on medium-high heat. Add chicken; cook 5 min. or until cooked through, stirring occasionally.

STIR in dressing, vegetables and chili powder; cook 5 min. or until vegetables are crisp-tender, stirring occasionally.

ARRANGE chicken mixture evenly on tortillas; sprinkle with cheese. Roll up.



Nutrition (per serving)

Calories 540, Total fat 24 g, Saturated fat 9 g, Cholesterol 95 mg, Sodium 830 mg, Carbohydrate 42 g, Dietary fiber 4 g, Sugars 3 g, Protein 37 g, Vitamin A 25% DV, Vitamin C 30% DV, Calcium 25% DV, Iron 20% DV

Cheesy Mini-Burgers

They may be small, but these hearty little patties cook up quick and pack a cheesy flavour punch.

Prep Time: 5 min | **Total Time:** 25 min | **Makes:** 4 servings

Ingredients

- 1 lb. lean ground beef
- 1 cup KRAFT Shredded Cheddar Cheese, divided
- 1/2 cup ketchup, divided
- 1/2 tsp. garlic powder
- 2-2/3 cups hot cooked instant white rice

PREHEAT oven to 400°F. Mix meat, 2/3 cup of cheese, 1/4 cup of the ketchup and garlic powder. Shape into 12 balls. Place on foil-covered baking sheet sprayed with cooking spray.

BAKE each ball into patty, about 1/2-inch thick. Bake 15 min. or until cooked through; drain.

SPREAD remaining ketchup on each patty; sprinkle with remaining cheese. Bake an additional 5 min. or until cheese melts. Serve over rice.

Nutrition (per serving)

Calories 460, Total fat 19 g, Saturated fat 10 g, Cholesterol 95 mg, Sodium 570 mg, Carbohydrate 40 g, Dietary fiber 1 g, Sugars 3 g, Protein 31 g, Vitamin A 10% DV, Vitamin C 8% DV, Calcium 20% DV, Iron 25% DV



Creamy Chicken and Cheddar Rice

This rich, delicious family-pleaser is easily prepared in no time at all.

Prep Time: 10 min | **Total Time:** 25 min | **Makes:** 4 servings

Ingredients

- 1 lb. boneless skinless chicken breasts, cut into strips
- 1 tsp. garlic powder
- 1 can (10-3/4 oz.) condensed cream of mushroom soup
- 1 soup can milk
- 1-1/2 cups instant white rice, uncooked
- 2 cups chopped fresh broccoli
- 1 cup KRAFT Shredded Cheddar Cheese

SPRAY nonstick skillet with cooking spray. Add chicken; cover. Cook 5 min. or until cooked through. Sprinkle with garlic powder.

ADD soup and milk. Bring to boil. Stir in rice and broccoli; cover. Reduce heat to low; simmer 5 min. or until rice is tender.

STIR in 1/2 cup of the cheese; sprinkle with remaining cheese.

Nutrition (per serving)

Calories 500, Total fat 20 g, Saturated fat 9 g, Cholesterol 100 mg, Sodium 820 mg, Carbohydrate 41 g, Dietary fiber 2 g, Sugars 5 g, Protein 38 g, Vitamin A 15% DV, Vitamin C 35% DV, Calcium 30% DV, Iron 20% DV

