



## Mini-Menu!

Day 1	Day 2	Day 3
chicken basil queso with cherry tomatoes	chicken sausage with bell peppers and onions	quick chicken & spinach skillet

## Grocery List!

Typically Serves 2-3 People

protein	seasonings/oils	produce	canned goods/misc
3 lbs chicken breast tenderloins	kraft sun dried tomato dressing	1 large yellow onion	1 (14 ounce) can diced tomatoes
4 links turkey or chicken sausage (flavored is great!)	cooking spray	2 red bell peppers	
3 cups shredded mozzarella cheese		2 green bell peppers	
		1 pint cherry tomatoes	
		bulb of garlic	
		8 cups fresh spinach leaves	

# Chicken Basil Queso & Cherry Tomatoes

- 2 tablespoons Kraft Sun Dried Tomato Dressing
- 1/2 cup Chopped Onions (reserve remaining onion for Chicken & Spinach skillet)
- 3 cups Cherry Tomatoes
- 1 tablespoon Chopped Garlic
- 3 cups Shredded Low Fat Mozzarella Cheese
- 1 1/2 lbs Boneless, Skinless Chicken Breast tenderloins

1. **Heat large skillet to medium high heat. Add dressing, onions, garlic, tomatoes and heat for 8-10 minutes.**
2. **Add cheese and stir until melted. Remove mixture and cover to keep warm.**
3. **Spray skillet with cooking spray and cook chicken breast on both sides until cooked through. Add cheese mixture on top and serve.**



# Chicken Sausage and Peppers

- 4 links chicken or turkey sausage, cut in quarters \*pre-seasoned works great, *used pre-cooked if none other available*
  - 2 green bell pepper, cut in strips
  - 2 red bell pepper, cut in strips
  - 1 yellow onion, cut in strips
  - cooking spray
1. **Heat skillet to medium high heat and coat with cooking spray.**
  2. **Add bell peppers and onions (careful not to overcrowd, may need to work in batches). Heat until soft and "sweating." Remove from pan, set aside and cover to keep warm.**
  3. **Add sausage link chunks. Heat until cooked through (no pink) or until fully heated if pre-cooked. Add peppers and onions back to skillet and toss together for a few minutes. Serve hot.**

# Quick Chicken & Spinach Skillet

- **1 1/2 lbs** chicken tenderloins
- **1** (14 oz) can diced tomatoes, drained
- **1/4** cup Kraft Sun-dried Tomato Dressing
- cooking spray
- **8** cups spinach leaves

- 1. Combine tomatoes and 3 tbsp of dressing.**
- 2. Heat a skillet to medium high heat (spray with cooking spray) and add chicken. Cook about 2-3 minutes per side or until internal temp reaches 165F. Drizzle with remaining dressing towards the end of cooking; remove chicken and set aside.**
- 3. Add tomato mixture to the skillet until simmering. Add spinach until starting to wilt down, about 2-3 minutes.**
- 4. Spoon spinach mixture over chicken.**

