

Ragu spaghetti sundaes

MAKE IT

1. Arrange hot spaghetti in sundae dish, then top with heated Ragu® Pasta Sauce, hot cooked meatballs, part-skim ricotta cheese dollops, and cherry tomatoes for a fun dinnertime sundae!
2. Let kids help by adding veggie sprinkles such as diced peppers, canned corn, shredded carrots, or mushrooms.



rosa ravioli primavera

PREP TIME: 20 minutes
MAKES: 4 servings
COOK TIME: 15 minutes

WHAT YOU NEED

- 1 Tbsp. Bertolli® Classico™ Olive Oil
- 8 ounces thin green beans, cut into thirds
- 1 cups baby carrots, quartered lengthwise
- 1 small onion, chopped
- 1 clove garlic, finely chopped
- 2 Tbsp. dry sherry (optional)
- 1 cup chicken broth
- 1 jar Bertolli® Four Cheese Rosa Sauce
- 1 lb. fresh or frozen seafood or cheese ravioli, cooked and drained
- 1/4 cup thinly sliced fresh basil leaves



MAKE IT

1. Heat Olive Oil in 12-inch nonstick skillet over medium-high heat and cook green beans, carrots and onion, stirring occasionally, 6 minutes or until crisp-tender.
2. Stir in garlic and cook 30 seconds. Stir in sherry and cook 1 minute. Stir in broth and Sauce and simmer, stirring occasionally, 5 minutes or until vegetables are tender.
3. Stir in hot ravioli and basil. Sprinkle, if desired, with freshly ground black pepper and Parmesan cheese curls.

better-for-you no boiling baked ziti

PREP TIME: 10 minutes
MAKES: 8 servings
COOK TIME: 1 hour
STAND TIME: 10 minutes

WHAT YOU NEED

- 1 jar (1 lb. 8 oz.) Ragu® Old World Style® Pasta Sauce
- 2 cups water
- 1 cup part skim ricotta cheese (about 8 oz)
- 2 Tbsp. reduced fat grated Parmesan cheese
- 3/4 cup shredded part-skim mozzarella cheese (about 3 oz.)
- 12 ounces uncooked ziti pasta

MAKE IT

1. Preheat oven to 400°. Combine Pasta Sauce and water in large bowl. Stir in ricotta and Parmesan cheeses, then uncooked ziti.
2. Evenly spoon ziti mixture into 13 x 9-inch baking dish. Cover tightly with aluminum foil. Bake 55 minutes.
3. Remove foil and sprinkle with mozzarella cheese. Bake uncovered an additional 5 minutes. Let stand 10 minutes before serving

See nutrition information for sodium content.

TIP: Add a Mexican twist to this yummy recipe by using Pepper Jack cheese instead of mozzarella and tossing in some corn.

Cost per recipe*: \$11.34.

Cost per serving*: \$1.42.

*Based on average retail prices at national supermarkets.



Nutrition Information per serving:

Calories 290, Calories From Fat 60, Saturated Fat 3g, Trans Fat 0g, Total Fat 7g, Cholesterol 15mg, Sodium 450mg, Total Carbohydrate 42g, Sugars 6g, Dietary Fiber 3g, Protein 13g, Vitamin A 4%, Vitamin C 15%, Calcium 20%, Iron 10%

weeknight skillet lasagna

PREP TIME: 5 minutes
MAKES: 6 servings
COOK TIME: 20 minutes

WHAT YOU NEED

- 1 lb. lean ground beef or sausage
- 1 jar (1 lb. 8 oz.) Ragu® Old World Style® Pasta Sauce
- 3 cups water
- 12 uncooked lasagna noodles (about 12 oz.), broken into 2-inch pieces*
- 1-1/4 cups part skim ricotta cheese
- 3/4 cup shredded low fat mozzarella cheese (about 3 oz.)

MAKE IT

1. Brown ground beef in 12-inch skillet over medium-high heat; drain.
2. Stir in Pasta Sauce and water. Bring to a boil. Stir in uncooked noodles. Cook covered over medium heat, stirring frequently to separate noodles, until noodles are tender, about 20 minutes.
3. Top noodles with spoonfuls of ricotta cheese, then sprinkle with mozzarella cheese. Simmer covered until cheeses are melted, about 5 minutes. Sprinkle, if desired, with grated Parmesan cheese.

*Or, use oven-ready lasagna noodles. Cover noodles with hot water and let stand 5 minutes or until softened. Remove from water and tear in half lengthwise. Decrease water mixed with Pasta Sauce to 1/2 cup. Cook covered 5 minutes or until noodles are tender. Continue as above.

Cost per recipe:** \$13.00.

Cost per serving:** \$2.17.

**Based on average retail prices at national supermarkets.



Nutrition Information per serving:

Calories 590, Calories From Fat 150, Saturated Fat 8g, Trans Fat 0g, Total Fat 17g, Cholesterol 70mg, Sodium 640mg, Total Carbohydrate 70g, Sugars 10g, Dietary Fiber 4g, Protein 37g, Vitamin A 6%, Vitamin C 20%, Calcium 30%, Iron 30%

chicken with peppers & goat cheese

PREP TIME: 10 minutes
MAKES: 4 servings
COOK TIME: 15 minutes

WHAT YOU NEED

- 4 boneless, skinless chicken breast halves (about 1-1/4 lbs.), pounded 1/4-inch-thick
- 1/3 cup all-purpose flour
- 2 Tbsp. Bertolli® Classico™ Olive Oil, divided
- 3 medium red, orange or yellow bell peppers, sliced
- 1 small shallot, chopped
- 1 clove garlic, finely chopped
- 1 jar Bertolli® Tomato & Basil Sauce
- 3 ounces goat cheese, crumbled



MAKE IT

1. Season chicken, if desired, with salt and ground black pepper. Dip chicken in flour, coating well; shake off excess. Heat 1 tablespoon Olive Oil in 12-inch nonstick skillet over medium-high heat and cook chicken, turning once, 5 minutes or until thoroughly cooked. Remove chicken and keep warm.

2. Heat remaining 1 tablespoon Olive Oil in same skillet over medium heat and cook bell peppers, stirring frequently, 4 minutes or until crisp-tender. Add shallots and cook 2 minutes. Add garlic and cook, stirring frequently, 1 minute. Stir in Sauce and simmer 5 minutes or until slightly reduced.

3. To serve, spoon sauce over chicken and sprinkle with goat cheese.

Cost per recipe*: \$17.63.

Cost per serving*: \$4.41.

*Based on average retail prices at national supermarkets.

chicken rollatini alfredo

PREP TIME: 10 minutes
MAKES: 6 servings
COOK TIME: 25 minutes

WHAT YOU NEED

- 6 boneless, skinless chicken breast halves (about 1-1/2 lbs.), pounded 1/4 inch thick
- 6 thin slices prosciutto or boiled ham
- 6 thin slices provolone cheese
- 1 Tbsp. Bertolli® Classico™ Olive Oil
- 1/4 cup Italian seasoned dry bread crumbs
- 1 jar Bertolli® Alfredo Sauce

MAKE IT

1. Preheat oven to 400°. Season chicken, if desired, with salt and ground black pepper. Top each chicken breast with slice of prosciutto, then cheese; roll up and secure with wooden toothpicks. Brush chicken with Olive Oil, then coat with bread crumbs. Arrange chicken on baking sheet.
2. Bake chicken 25 minutes or until chicken is thoroughly cooked.
3. Meanwhile, heat Sauce in medium saucepan. Spoon heated sauce onto serving platter. Slice chicken rollatini and arrange over Sauce. Serve, if desired, with hot cooked rice or pasta.

Cost per recipe*: \$23.44.

Cost per serving*: \$3.91.

*Based on average retail prices at national supermarkets.



Nutrition Information per serving:

Calories 420, Calories From Fat 240, Saturated Fat 12g, Trans Fat 0g, Total Fat 26g, Cholesterol 145mg, Sodium 1310mg, Total Carbohydrate 7g, Sugars 1g, Dietary Fiber 0g, Protein 38g, Vitamin A 15%, Vitamin C 2%, Calcium 30%, Iron 6%

salmon with creamy alfredo sauce

PREP TIME: 20 minutes
MAKES: 4 servings
COOK TIME: 15 minutes

WHAT YOU NEED

- 4 salmon or halibut fillets (about 1lb)
- 2 Tbsp. Bertolli® Classico™ Olive Oil
- 2 cup chopped sweet onion
- 2 Tbsp. lemon juice
- 1 jar Bertolli® Alfredo Sauce
- 1 cup frozen green peas, partially thawed
- 8 ounces vermicelli or spaghetti, cooked and drained

MAKE IT

1. Season salmon, if desired, with salt and ground black pepper. Broil or grill salmon until salmon is done.
2. Meanwhile, heat Olive Oil over medium-high heat in 12-inch nonstick skillet and cook onion 5 minutes or until softened. Stir in lemon juice and bring to a boil. Stir in Sauce, peas and parsley and simmer 5 minutes.
3. To serve, arrange salmon over hot vermicelli, then top with sauce. Garnish, if desired, with additional chopped fresh parsley and finely grated lemon peel.



buffalo chicken tacos

PREP TIME: 10 minutes
MAKES: 4 servings
COOK TIME: 10 minutes

WHAT YOU NEED

- 1 package Knorr® Rice Sides™ - Buffalo Chicken
- 1 Tbsp. vegetable oil
- 2 medium red or green bell peppers, thinly sliced
- 1 medium onion, thinly sliced
- 1 tsp. lime or lemon juice (optional)
- 1 package (12 oz.) chicken tenders or nuggets, prepared according to package directions
- 2 to 3 Tbsp. cayenne pepper sauce
- 8 (6-in.) corn or flour tortillas, heated

MAKE IT

1. Prepare Knorr® Rice Sides™ - Buffalo Chicken according to package directions.
2. Meanwhile, heat oil in 12-inch nonstick skillet over medium-high heat and cook peppers with onion, stirring frequently, until vegetables are tender, about 6 minutes. Stir in lime juice and cook 1 minute.
3. Toss hot chicken with cayenne pepper sauce. Evenly divide rice, vegetables and chicken onto tortillas and fold taco-style. Serve, if desired, with your favorite taco toppings.

Cost per recipe*: \$10.40.

Cost per serving*: \$2.60.

*Based on average retail prices at national supermarkets.



Nutrition Information per serving:

Calories 540, Calories From Fat 190, Saturated Fat 3.5g, Trans Fat 0g, Total Fat 21g, Cholesterol 30mg, Sodium 1130mg, Total Carbohydrate 70g, Sugars 6g, Dietary Fiber 8g, Protein 19g, Vitamin A 45%, Vitamin C 130%, Calcium 4%, Iron 15%

upside-down chicken pot pie

PREP TIME: 15 minutes
MAKES: 6 servings
COOK TIME: 25 minutes

WHAT YOU NEED

- 1 package (7.5 oz.) refrigerated flaky buttermilk biscuits
- 1 box (10 oz.) frozen mixed vegetables, thawed
- 1-1/2 cups water
- 1/2 cup milk
- 1 package Knorr® Pasta Sides™ - Chicken
- 2 cups cut-up cooked chicken or turkey
- 1-1/2 cups shredded cheddar cheese (about 6 oz.), divided

MAKE IT

1. Preheat oven to 450°. Spray deep dish pie plate with nonstick cooking spray. Pull biscuits apart and press on bottom and up sides of pie plate. Bake 8 minutes or until biscuits are golden; set aside. Decrease oven to 350°.

2. Bring vegetables, water and milk to a boil in medium saucepan over high heat. Stir in Knorr® Pasta Sides™ - Chicken and return to a boil over high heat. Reduce heat to medium and cook covered, stirring occasionally, 8 minutes or until pasta is tender. Stir in chicken and 1 cup cheese.

3. Spoon into prepared pie plate, then sprinkle with remaining 1/2 cup cheese. Bake uncovered 10 minutes or until cheese is melted.

Also terrific with Knorr® Pasta Sides™ - Creamy Chicken.

Cost per recipe*: \$12.12.

Cost per serving*: \$2.02.

*Based on average retail prices at national supermarkets.



Nutrition Information per serving:

Calories 420, Calories From Fat 160, Saturated Fat 9g, Trans Fat 2g, Total Fat 17g, Cholesterol 75mg, Sodium 780mg, Total Carbohydrate 36g, Sugars 6g, Dietary Fiber 2g, Protein 28g, Vitamin A 15%, Vitamin C 8%, Calcium 25%, Iron 15%



wish-bone marinated chicken 1-2-3

PREP TIME: 5 minutes
MAKES: 6 servings
MARINATE TIME: 30 minutes
COOK TIME: 12 minutes

WHAT YOU NEED

3/4 cup Wish-Bone® Italian Dressing
6 boneless, skinless chicken breast halves
(about 1-1/2 lbs.)

MAKE IT

1. Pour 1/2 cup Wish-Bone® Italian Dressing over chicken in large, shallow nonaluminum baking dish or plastic bag. Cover, or close bag, and marinate in refrigerator, turning occasionally, 30 minutes to 3 hours.

2. Remove chicken from marinade, discarding marinade. Grill or broil chicken, turning once and brushing frequently with remaining 1/4 cup Dressing, 12 minutes or until chicken is thoroughly cooked.

*Variations: Use 1 (2- to 2-1/2-lb.) T-Bone, boneless sirloin or top loin steak OR 2-1/2 to 3 lbs. chicken pieces OR 2-1/2 lbs. pork chops (about 1-in. thick).

Also terrific with Wish-Bone® Robusto Italian Dressing, Wish-Bone® House Italian Dressing, Wish-Bone® Light Italian Dressing, Wish-Bone® Fat Free! Italian Dressing, Wish-Bone® Balsamic Vinaigrette Dressing or Wish-Bone® Red Wine Vinaigrette Dressing.



Nutrition Information per serving:

Calories 180, Calories From Fat 70, Saturated Fat 1.5g, Trans Fat 0g, Total Fat 8g, Cholesterol 65mg, Sodium 250mg, Total Carbohydrate 2g, Sugars 2g, Dietary Fiber 0g, Protein 23g, Vitamin A 0%, Vitamin C 0%, Calcium 2%, Iron 4%

crispy buffalo ranch chicken salad

PREP TIME: 20 minutes
MAKES: 6 servings
COOK TIME: 10 minutes

WHAT YOU NEED

- 1 lb. boneless chicken strips or tenders
- 1/2 cup Wish-Bone® Buffalo Ranch Dressing, divided
- 1/2 cup panko bread crumbs*
- 8 cups torn romaine lettuce leaves
- 2 large carrots, shredded (about 1 cup)
- 2 ribs celery, thinly sliced (about 1 cup)
- 1/4 cup diced red onion
- 1 cup grape tomatoes, halved

MAKE IT

1. Preheat oven to 425°. Line baking sheet with aluminum foil; set aside.
2. Toss chicken with 2 tablespoons Wish-Bone® Buffalo Ranch Dressing, then evenly coat with bread crumbs, shaking off excess; arrange on baking sheet. Bake 8 minutes or until chicken is thoroughly cooked.
3. Cut hot chicken into bite-size pieces; set aside.
4. Toss lettuce, carrots, celery, red onion, tomatoes and remaining Dressing in large serving bowl, then top with chicken.

***SUBSTITUTION:** Use plain bread crumbs instead of panko.

See nutrition information for sodium content.



Nutrition Information per serving:

Calories 230, Calories From Fat 100, Saturated Fat 2g, Trans Fat 0g, Total Fat 11g, Cholesterol 50mg, Sodium 340mg, Total Carbohydrate 13g, Sugars 4g, Dietary Fiber 3g, Protein 18g, Vitamin A 200%, Vitamin C 15%, Calcium 6%, Iron 6%

cheesy chicken monterey

PREP TIME: 10 minutes
MAKES: 4 servings
COOK TIME: 10 minutes

WHAT YOU NEED

- 1 package Knorr® Rice Sides™ - Chicken
- 1 can (11 oz.) corn, drained
- 1 can (11 oz.) black beans, rinsed and drained
- 1 can (4 oz.) chopped green chilies, undrained
- 1 lb. boneless, skinless chicken breasts, thinly sliced
- 1 cup shredded Monterey Jack cheese (about 4 oz.)



Nutrition Information per serving:

Calories 510, Calories From Fat 130, Saturated Fat 6g, Trans Fat 0g, Total Fat 14g, Cholesterol 100mg, Sodium 1250mg, Total Carbohydrates 50g, Sugars 5g, Dietary Fiber 6g, Protein 40g, Vitamin A 6%, Vitamin C 10%, Calcium 25%, Iron 15%

MAKE IT

1. Prepare Knorr® Rice Sides™ - Chicken according to package directions. Stir in corn, beans and chilies.
2. Meanwhile, heat 1 tablespoon vegetable oil in 12-inch nonstick skillet over medium-high heat and cook chicken, stirring frequently, 4 minutes or until chicken is thoroughly cooked.
3. Arrange Rice mixture on serving platter, then top with chicken and cheese.

Cost per recipe*: \$11.28

Cost per serving*: \$2.82

*Based on average retail prices at national supermarkets.