

Pan-Roasted Vegetables

Serves 8

1/2 medium butternut squash, peeled and cut into 1-inch cubes

1 medium red onion, quartered and sliced into strips

1 small red bell pepper, trimmed and cut into 1-inch squares

1 small yellow bell pepper, trimmed and cut into 1-inch squares

1 medium zucchini, cut into 1-inch cubes

Olive oil, to taste

1 teaspoon dried oregano

1 to 2 teaspoons chile powder

Kosher salt, to taste

Freshly ground black pepper, to taste

1. Combine the cut vegetables in a bowl, sprinkle with olive oil, and toss to mix. Add oregano, chile powder, salt and pepper and mix again.
2. In a large heavy skillet over medium-high heat, add 1 tablespoon olive oil. When hot, add vegetables and sauté 2 to 3 minutes.
3. Reduce heat and cover pan, then cook covered 4 to 5 minutes until vegetables begin to break down and release their juices.
4. Uncover pan and continue cooking until vegetables are tender and begin to brown on the edges. Check seasoning and serve immediately.

Simple Southern-Style "Unfried" Chicken

Prep Time:15 min

Total Time:1 hr 30 min

Makes:6 servings

1 broiler-fryer chicken (3-1/4 lb.), cut up

1/2 cup Light Ranch Reduced Fat Dressing

1 pkt. SHAKE 'N BAKE Extra Crispy Seasoned Coating Mix

Remove skin from all chicken pieces except wings. Place chicken in large resealable plastic bag. Add dressing. Seal bag; turn to evenly coat chicken with dressing. Refrigerate 30 min. to marinate.

Preheat oven to 400°F. Place coating mix in pie plate or shallow dish. Dip chicken in coating mix, turning each piece over to evenly coat both sides. Place in single layer on baking sheet. Sprinkle with any remaining coating mix. Discard bag and marinade.

Bake 40 to 45 min. or until chicken is cooked through (165°F).

Foil-Packet Southwestern Chicken Dinner

Prep Time:10 min Total Time:40 min
Makes:4 servings, one packet each

1-3/4 cups warm water
2 cups instant brown rice, uncooked
4 small boneless skinless chicken breast halves (1 lb.)
1/4 cup Light Ranch Reduced Fat Dressing
1-1/2 tsp. chili powder
1/2 cup 2% Milk Shredded Reduced Fat Sharp Cheddar Cheese
4 cups small broccoli florets
1 red pepper, chopped

Preheat oven to 400°F. Add water to rice; let stand 5 min. Spoon evenly onto centers of four large sheets of heavy-duty foil. Top evenly with remaining ingredients.

Bring up foil sides. Double fold top and both ends to seal each packet, leaving room for heat circulation inside. Place in 15x10x1-inch baking pan.

Bake 25 to 30 min. or until chicken is cooked through (165°F). Cut slits in foil with sharp knife to release steam before opening packets.

Simple Shrimp Stir-Fry

Makes: 4 servings

1/4 cup KRAFT Asian Toasted Sesame Dressing
1 pkg. (10 oz.) frozen broccoli florets
1/2 lb. (8 oz.) frozen cooked cleaned medium shrimp
2 cups hot cooked rice

Heat dressing in large skillet on medium-high heat. Add broccoli; cook 3 min. or until tender, stirring frequently. **Add** shrimp; cook 5 min. or until shrimp is heated through. **Serve** over rice.

Note: This recipe may work better by first thawing frozen shrimp under cold water and draining well. If frozen shrimp are added to skillet, sauce may become watery.