MEDITERRANEAN CHICKPEA PILAF

4 SERVINGS
READY IN: 10 MINUTES

1 Tbsp. olive oil
1 can (14 oz.) reduced sodium chick peas, rinsed and drained
1/2 red onion, chopped
2 cups water
1 package Knorr® Rice Sides™ - Rice Pilaf
1 vine-ripened tomato
1/2 bunch parsley
1 lemon
1/2 cup chopped walnuts
3 Tbsp. crumbled feta cheese

Heat olive oil in large nonstick skillet over high heat and cook chickpeas and onion 1 minute; season with salt, if desired. Stir in water and Knorr® Rice Sides™ - Rice Pilaf. Cover and cook 7 minutes. While Rice is cooking, chop tomato and parsley.

Stir tomato and parsley into cooked rice; cut lemon in half and squeeze about 2 Tbsp. into rice. Top with walnuts and feta cheese.

Cost Per Recipe: $6.85

Nutrition information per serving: Calories 380, Total Fat 17g, Saturated Fat 2.5g, Trans Fat 0g, Cholesterol 5mg, Sodium 590mg, Total Carbohydrate 45g, Dietary Fiber 6g, Sugars 6g, Protein 12g, Vitamin D 0mcg, Calcium 113mg, Iron 3mg, Potassium 392mg

At Knorr®, we believe everyone should have access to affordable, good food. But sometimes, time is short and budgets are tight. That’s why we’ve crafted our Dinners Under $10 In 10 Minutes, to help you cook delicious balanced meals, that you can feel good about, without breaking the bank.

Badges

**Better-For-You:** Our Better-for-You recipes strive to promote a balanced and healthy eating pattern that is aligned with the 2015-2020 Dietary Guidelines for Americans, encouraging the intake of vegetables, whole grains, fruit, legumes and good fats, while limiting saturated fat, sodium and sugars.

**1+ Portion of Vegetables:** These recipes are designed to help you increase your intake of vegetables consistent with the USDA’s MyPlate Recommendations.

**High in Fiber:** Our high-in-fiber recipes are designed to help you get more fiber in your diet. Recipes that are high in fiber contain at least 6g of fiber per serving.

**Sensible Sodium:** The 2015-2020 Dietary Guidelines for Americans recommend consuming no more than 2300 mg of sodium per day. Our Sensible Sodium recipes for main dishes, small dishes (e.g. side dishes, protein dishes, soups) and all other recipes contain no more than 600 mg, 350 mg and 230 mg of sodium per serving respectively.

**Plant-Based:** Rethink the center of your plate with these recipes that are mainly made from plant-derived foods, but may contain small amounts of animal-derived ingredients.

All recipes have been analyzed for their nutrient content by Registered Dietitians using Genesis® R&D Food Development and Labeling Software.
STUFFED AVOCADOS
4 SERVINGS
READY IN: 7 MINUTES

- 2 Tbsp. olive oil
- 1 can (15 oz.) no salt added black beans
- 1 can (8.75 oz.) whole kernel corn
- 1 pkg Knorr® Ready to Heat Spanish Long Grain Rice

Heated olive oil in large nonstick skillet over medium-high heat. Drain and rinse canned black beans and corn. Add to skillet and cook with Knorr® Ready to Heat Spanish Long Grain Rice 5 minutes. While cooking, cut avocados in half and remove pits. Slice scallions.

Place avocado halves onto a platter. Spoon hot rice mixture evenly over avocado halves, allowing excess to fall onto platter. Evenly top with shredded cheese and sprinkle with sliced scallions. Serve with fresh lime wedges or hot sauce, if desired.

Cost Per Recipe: $9.02

Nutrition information per serving: Calories 440, Total Fat 22g, Saturated Fat 5g, Trans Fat 0g, Cholesterol 70mg, Sodium 510mg, Total Carbohydrate 50g, Dietary Fiber 13g, Sugars 9g, Protein 14g, Vitamin D 2mcg, Calcium 178mg, Iron 3mg, Potassium 836mg

CHICKEN TACOS
4 SERVINGS
READY IN: 10 MINUTES

- 2 large green bell peppers
- 1 medium yellow onion
- 1 lb. boneless, skinless chicken thighs
- 2 tsp Knorr® Chicken flavor Bouillon

Heat olive oil in large nonstick skillet over high heat. Meanwhile, quickly slice green pepper and onion and cut chicken into bite-sized pieces. Add all to skillet; sprinkle with Knorr® Chicken flavor Bouillon and cumin and cook, stirring occasionally, until vegetables are tender and chicken is thoroughly cooked about 6 minutes.

While vegetables and chicken are cooking, dice tomato, coarsely chop medium yellow onion and cook, stirring occasionally, until vegetables are tender and chicken is medium yellow.


Stir in spinach; continue cooking 2 more minutes. Sprinkle with grated Parmesan.

Cost Per Recipe: $7.58

Nutrition information per serving: Calories 310, Total Fat 6g, Saturated Fat 2.5g, Trans Fat 0g, Cholesterol 100mg, Sodium 530mg, Total Carbohydrate 29g, Dietary Fiber 3g, Sugars 5g, Protein 14g, Vitamin D 0mcg, Calcium 33mg, Iron 2mg, Potassium 313mg

CHICKEN FRIED RICE
4 SERVINGS
READY IN: 9 MINUTES

- 1 Tbsp. vegetable oil
- 1 lb. boneless, skinless chicken thighs
- 2 egg

Heat oil in large nonstick skillet over medium-high heat. Cut chicken into bite-sized pieces and cook chicken 5 minutes.

Stir in thowed vegetables and Knorr® Ready to Heat Chicken Flavored Fried Rice; cook 3 minutes. While Rice mixture is cooking, scramble eggs, then stir into hot rice mixture and cook until done, about 1 minute.

Sprinkle with chopped green onions; serve with soy sauce, if desired.

Cost Per Recipe: $7.39

Nutrition information per serving: Calories 360, Total Fat 13g, Saturated Fat 2.5g, Trans Fat 0g, Cholesterol 200mg, Sodium 580mg, Total Carbohydrate 29g, Dietary Fiber 1g, Sugars 4g, Protein 30g, Vitamin D 1mcg, Calcium 68mg, Iron 3mg, Potassium 366mg

CHICKEN ALFREDO FLORENTINE
4 SERVINGS
READY IN: 10 MINUTES

- 1 lb. boneless, skinless chicken
- 1 Tbsp. olive oil
- 1 can (14.5 oz.) no salt added diced tomatoes with basil and oregano, drained
- 1 tsp. ground cumin


Sprinkle with chopped green onions; serve with soy sauce, if desired.

Cost Per Recipe: $7.39

Nutrition information per serving: Calories 300, Total Fat 15g, Saturated Fat 2.5g, Trans Fat 0g, Cholesterol 100mg, Sodium 500mg, Total Carbohydrate 29g, Dietary Fiber 1g, Sugars 4g, Protein 14g, Vitamin D 0mcg, Calcium 33mg, Iron 2mg, Potassium 313mg

CHEDDAR BROCCOLI RICE AND VEGGIE FRITTATA
5 SERVINGS - READY IN: 10 MINUTES

- 2 Tbsp. olive oil
- 1 bag (14 oz.) frozen pepper & onion stir fry, thawed
- 1 tsp Knorr® Ready to Heat Cheddar Broccoli Rice


Stir in spinach; continue cooking 2 more minutes. Sprinkle with grated Parmesan.

Cost Per Recipe: $7.58

Nutrition information per serving: Calories 310, Total Fat 6g, Saturated Fat 2.5g, Trans Fat 0g, Cholesterol 100mg, Sodium 530mg, Total Carbohydrate 29g, Dietary Fiber 3g, Sugars 5g, Protein 14g, Vitamin D 0mcg, Calcium 33mg, Iron 2mg, Potassium 313mg

WHITE CHEDDAR CHICKEN & VEGETABLES PASTA
4 SERVINGS - READY IN: 10 MINUTES

- 2 carrots
- 1 package Knorr® selects WHITE CHEDDAR BROCCOLI RICE WITH CAVATAPPI PASTA

Cook Knorr Selects™ White Cheddar Broccoli with Cavatappi Pasta in saucepan with water and milk according to package directions.

While Pasta is cooking, heat olive oil in large nonstick skillet over high heat. Meanwhile, quickly cut chicken thighs into bite-sized pieces and thinly slice carrots and red onion. Add chicken, carrots, onions and thawed green beans to skillet and cook, stirring occasionally, until chicken is thoroughly cooked and vegetables are crisp-tender, about 8 minutes.

Toss cooked Pasta into skillet with chicken and vegetable mixture. Stir in 2 Tbsp. grated Parmesan cheese. Sprinkle with remaining Parmesan cheese.

Cost Per Recipe: $8.48

Nutrition information per serving: Calories 370, Total Fat 15g, Saturated Fat 3.5g, Trans Fat 0g, Cholesterol 100mg, Sodium 500mg, Total Carbohydrate 30g, Dietary Fiber 6g, Sugars 6g, Protein 30g, Vitamin D 0mcg, Calcium 160mg, Iron 3mg, Potassium 440mg