

At Knorr,<sup>®</sup> we believe everyone should have access to affordable, good food. That's why we've developed these recipes to help you cook delicious balanced meals that you can feel good about without breaking the bank. You can easily make swaps in any of these recipes if you prefer a different vegetable or protein. If you are looking for plant-based options, we have included tips!

FOR MORE RECIPE INSPIRATION VISIT [KNORR.COM](https://www.knorr.com)

## CHEESY CHICKEN FIESTA

4 SERVINGS | COOK TIME: 13 MINUTES

1 Tbsp. vegetable oil  
1 lb. boneless, skinless chicken thighs  
1 can (15 oz.) no salt added black beans  
1 can (8.7 oz.) no salt added corn kernels  
2 cups water  
1 package Knorr<sup>®</sup> Rice Sides™ - Chicken Flavor  
¾ cup shredded 2% cheddar cheese  
¼ cup sour cream  
2 large tomatoes



Heat oil in large skillet over high heat. Cut chicken thighs into bite-sized pieces. Add chicken to skillet and cook 3 minutes. Rinse and drain beans and corn; add to skillet with water and Knorr<sup>®</sup> Rice Sides™ - Chicken Flavor. Bring to a boil.

Cover and boil 7 minutes or until rice is tender and chicken is thoroughly cooked. While rice is cooking, measure out cheese and sour cream and chop tomatoes.

Serve Rice topped with cheese, sour cream and tomato.

Plant-Based Tip\* Substitute chicken with 1 can (15 oz.) kidney beans, rinsed and drained.

Cost per recipe: \$8.57



**Nutritional Information 1 serving:** Calories 500, Total Fat 15g, Saturated Fat 4g, Trans Fat 0g, Cholesterol 105mg, Sodium 570mg, Total Carbs 56g, Dietary Fiber 7g, Sugars 7g, Protein 37g, Vitamin D 0mcg, Calcium 175mg, Iron 4mg, Potassium 573mg

SINCE 1838  
**Knorr**

## BADGES



**Better-For-You:** Our Better-For-You recipes strive to promote a balanced and healthy eating pattern that is aligned with the 2020–2025 Dietary Guidelines for Americans, encouraging the intake of vegetables, whole grains, fruits, 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-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 2020–2025 Dietary Guidelines for Americans recommend consuming no more than 2,300 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. These recipes are not vegetarian or vegan. Please check the ingredient statement of the product and recipe.

All recipes have been analyzed for their nutrient content by Registered Dietitians using Genesis<sup>®</sup> R&D Food Development and Labeling Software.

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SINCE 1838  
**Knorr**  
**MEALS  
UNDER \$10  
IN 15 MINUTES**

## SIMPLE EVERYDAY MEAL SOLUTIONS





## FARMSTAND CHICKEN CHEDDAR BROCCOLI BOWL

4 SERVINGS | COOK TIME: 12 MINUTES

1 package Knorr® Rice Sides™ - Cheddar Broccoli  
1 Tbsp. vegetable oil  
1 lb. boneless, skinless chicken breasts  
½ large red onion  
1 medium zucchini  
1 medium yellow squash

1 cup halved grape tomatoes  
1 Tbsp. chopped fresh parsley leaves



Cook Knorr® Rice Sides™ - Cheddar Broccoli in 2-quart saucepan according to package directions.

While rice is cooking, heat oil in large skillet over high heat. Cut chicken into bite-sized pieces and slice red onion, reserving 1 Tbsp. chopped red onion for garnish. Add chicken and sliced onion to skillet and cook 5 minutes, stirring occasionally, until chicken is thoroughly cooked. Remove from skillet.

While chicken is cooking, slice zucchini and squash. Add to same skillet and cook, stirring occasionally, until lightly browned, about 3 minutes. Stir in halved grape tomatoes.

Return chicken to skillet and combine with squashes and cooked rice. Garnish with reserved chopped red onion and chopped parsley.

Plant-Based Tip:\* Substitute chicken with either 1 pkg. (14 oz.) extra-firm tofu, cut into bite-sized pieces, or 1 can (15 oz.) chickpeas, rinsed and drained.

Cost per recipe: \$9.43



**Nutritional Information 1 serving:** Calories 350, Total Fat 8g, Saturated Fat 1.5g, Trans Fat 0g, Cholesterol 85mg, Sodium 460mg, Total Carbs 37g, Dietary Fiber 3g, Sugars 7g, Protein 32g, Vitamin D 0mcg, Calcium 74mg, Iron 2mg, Potassium 1,009mg

## LEMON HERB CHICKEN & GREEN BEANS

4 SERVINGS | COOK TIME: 13 MINUTES

1 lb. boneless, skinless chicken breasts  
2 Tbsp. fresh lemon juice  
1 Tbsp. Dijon mustard  
½ tsp. dried rosemary leaves  
1 package Knorr® Pasta Sides™ - Chicken Flavor  
2 cups water

2 Tbsp. vegetable oil, divided  
2 cups frozen green beans, thawed  
1 large tomato, diced



Cut chicken into bite-sized pieces. Toss chicken, seasoned if desired with salt and pepper, with lemon juice, mustard and rosemary. Meanwhile, cook Knorr® Pasta Sides™ - Chicken Flavor with water in medium saucepan according to package directions.

While Chicken Pasta is cooking, heat 1 Tbsp. oil in large nonstick skillet over medium-high heat and cook chicken until thoroughly cooked, about 4 minutes. Remove from skillet and set aside.

Heat remaining 1 Tbsp. oil in same skillet over medium-high heat and cook green beans 2 minutes. Stir in tomatoes and cook 1 minute. Stir in reserved chicken and cooked Chicken Pasta.

Plant-Based Tip:\* Substitute chicken with 1 can (15 oz.) chickpeas, rinsed and drained.

Cost per recipe: \$7.55



**Nutritional Information 1 serving:** Calories 370, Total Fat 11g, Saturated Fat 2g, Trans Fat 0g, Cholesterol 85mg, Sodium 520mg, Total Carbs 33g, Dietary Fiber 2g, Sugars 4g, Protein 32g, Vitamin D 0mcg, Calcium 57mg, Iron 2mg, Potassium 792mg

## CHICKEN ALFREDO FLORENTINE

4 SERVINGS | COOK TIME: 10 MINUTES

1 lb. boneless, skinless chicken breasts  
1 Tbsp. olive oil  
1 can (14.5 oz.) no salt added diced tomatoes  
with basil and oregano, drained  
1 cup water  
½ cup lowfat milk

1 package Knorr® Pasta Sides™ - Alfredo  
2 cups baby spinach leaves  
2 Tbsp. grated Parmesan cheese



Cut chicken into bite-sized pieces. Heat oil in large nonstick skillet over high heat and cook chicken until browned, about 1½ minutes.

Add diced tomatoes, water, milk and Knorr® Pasta Sides™ - Alfredo. Cover and boil 6 minutes.

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

Plant-Based Tip:\* Substitute the chicken with 1 can (15 oz.) cannellini beans, rinsed and drained.

Cost per recipe: \$7.58



**Nutritional Information 1 serving:** Calories 310, Total Fat 6g, Saturated Fat 2g, Trans Fat 0g, Cholesterol 90mg, Sodium 500mg, Total Carbs 29g, Dietary Fiber 3g, Sugars 4g, Protein 33g, Vitamin D 0mcg, Calcium 152mg, Iron 2mg, Potassium 793mg

## MEDITERRANEAN CHICKPEA PILAF

4 SERVINGS | COOK TIME: 10 MINUTES

1 Tbsp. olive oil  
1 can (14 oz.) reduced sodium chickpeas,  
rinsed and drained  
½ red onion, chopped  
2 cups water  
1 package Knorr® Rice Sides™ - Rice Pilaf  
1 vine-ripened tomato

½ bunch parsley  
1 lemon  
½ 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



**Nutritional Information 1 serving:** Calories 380, Total Fat 17g, Saturated Fat 2.5g, Trans Fat 0g, Cholesterol 5mg, Sodium 590mg, Total Carbs 45g, Dietary Fiber 6g, Sugars 6g, Protein 12g, Vitamin D 0mcg, Calcium 113mg, Iron 3mg, Potassium 392mg

## CHICKEN, CANNELLINI BEANS & SPINACH

4 SERVINGS | COOK TIME: 15 MINUTES

1 lb. boneless, skinless chicken breasts  
½ medium red onion  
1 can (15 oz.) low sodium cannellini beans  
1 package Knorr® Pasta Sides™ - Chicken Flavor  
2 cups water  
2 Tbsp. vegetable oil, divided

¼ tsp. crushed red pepper flakes or  
more to taste  
1 bag (5 oz.) baby spinach leaves



Cut chicken into bite-sized pieces. Season, if desired, with salt and pepper. Thinly slice red onion, and rinse and drain cannellini beans. Meanwhile, cook Knorr® Pasta Sides™ - Chicken Flavor in 2 cups water in medium saucepan according to package directions.

While Chicken Pasta is cooking, heat 1 Tbsp. oil in large nonstick skillet over medium-high heat and cook chicken until thoroughly cooked, about 4 minutes. Remove from skillet and set aside

Heat remaining oil in same skillet and cook onion 2 minutes. Stir in cannellini beans and cook 1 minute. Stir in red pepper flakes and cook 30 seconds. Return cooked chicken to skillet and stir in hot cooked Chicken Pasta and baby spinach leaves until completely wilted (the heat of the dish will wilt the spinach). Serve, if desired, with a sprinkle of grated Parmesan cheese.

Plant-Based Tip: \* Substitute chicken with 1 pkg. (10 oz.) mushrooms, sliced.

Cost per recipe: \$9.72



**Nutritional Information 1 serving:** Calories 440, Total Fat 11g, Saturated Fat 2g, Trans Fat 0g, Cholesterol 85mg, Sodium 560mg, Total Carbs 46g, Dietary Fiber 8g, Sugars 3g, Protein 36g, Vitamin D 0mcg, Calcium 127mg, Iron 4mg, Potassium 961mg

## EASY 2 BEAN VEGGIE CHILI

6 SERVINGS | COOK TIME: 13 MINUTES

1 can (14.5 oz.) no salt added diced tomatoes  
1 package Knorr® Fiesta Sides™ - Spanish Rice  
2 tsp. chili powder  
1 can (15.5 oz.) no salt added kidney beans  
1 can (14.5 oz.) no salt added black beans  
1 can (15.25 oz.) no salt added corn kernels



Combine 2 cups water, canned diced tomatoes, Knorr® Fiesta Sides™ - Spanish Rice and chili powder in 3-quart saucepan and bring to a boil over high heat. Reduce heat and cook covered 7 minutes.

While rice is cooking, drain and rinse canned beans and corn. Stir into cooked rice and cook 1 minute.

Serve with your favorite chili toppers.

TIP: For a hearty beef chili, stir in 1 lb. lean ground beef, cooked and drained, with the beans.

Cost per recipe: \$4.71



**Nutritional Information 1 serving:** Calories 410, Total Fat 2.5g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 500mg, Total Carbs 79g, Dietary Fiber 18g, Sugars 12g, Protein 19g, Vitamin D 0mcg, Calcium 109mg, Iron 4mg, Potassium 1,468mg