



Campbell's Kitchen®



7 days of



summer ideas

Welcome the easy, breezy days of summer with seven creative, quick dinner ideas. For more recipes and tips, visit www.campbellskitchen.com.

Kitchen tip

Whenever recipes call for cooked chicken, use Swanson® Chunk Chicken. It's a tasty, ready-to-use way to make everyday meals delicious, from salads and sandwiches to soups and main dishes.



monday

Heart Healthy Chicken Salad Stuffed Tomatoes

Prep: 15 minutes

Makes: 4 servings



- 2 tablespoons nonfat plain yogurt
 - 2 tablespoons light mayonnaise
 - $\frac{1}{3}$ cup chopped celery
 - $\frac{1}{2}$ small onion, finely chopped (about 2 tablespoons)
 - 1 can (12.5 ounces) Swanson® Premium White Chunk Chicken Breast in Water, drained
 - 4 medium tomatoes
 - 6 cups shredded lettuce
1. Stir the yogurt, mayonnaise, celery, onion and chicken in a medium bowl.
 2. Cut each tomato into wedges, cutting down to about $\frac{1}{2}$ inch of the bottom, without cutting all the way through the tomato.
 3. Place **1½ cups** lettuce on each of **4** serving plates. Top with a tomato and spoon **$\frac{1}{2}$ cup** of the chicken mixture into each tomato.



tuesday

Wild West Picante Burgers

Prep: 10 minutes
Grill: 10 minutes

Makes: 4 servings



- 1 pound ground beef
- ½ cup Pace® Picante Sauce **or** Pace® Chunky Salsa
- 4 Pepperidge Farm® Classic Hamburger Buns, split

1. Mix the beef and picante sauce **thoroughly** in a medium bowl. Shape the beef mixture firmly into 4 (½-inch thick) burgers.
2. Lightly oil the grill rack and heat the grill to medium. Grill the burgers for 10 minutes or until desired doneness, turning them over once halfway through grilling and brushing often with additional picante sauce.
3. Serve the burgers on the buns with additional picante sauce.

Kitchen tip

For another layer of flavor, top the Wild West Picante Burgers with pepperjack cheese just before removing from the grill.

wednesday

Asian Chicken Lettuce Wraps

Prep: 10 minutes

Makes: 6 servings



- 1 can (12.5 ounces) Swanson® Premium White Chunk Chicken Breast in Water, drained
- 2 medium carrots, shredded (about 1 cup)
- ¾ cup diced red pepper
- 4 green onions, thinly sliced (about ½ cup)
- ¼ cup reduced fat Asian-style sesame salad dressing
- 6 large Bibb **or** iceberg lettuce leaves

1. Stir the chicken, carrots, pepper, onions and dressing in a medium bowl.
2. Divide the chicken mixture among the lettuce leaves. Fold the lettuce leaves around the filling and serve immediately.

Kitchen tip

For an extra flavor punch, toss the chicken mixture with sweet red chili sauce before wrapping it in the lettuce leaves. Find the sauce in the Asian section of your grocery store.



thursday

Quick Barbecued Beef Sandwiches

Prep: 10 minutes
Cook: 20 minutes

Makes: 12 sandwiches



- 1 tablespoon vegetable oil
 - 1 medium onion, chopped (about ½ cup)
 - 1 can (26 ounces) Campbell's® Condensed Tomato Soup
 - ¼ cup water
 - 2 tablespoons packed brown sugar
 - 2 tablespoons vinegar
 - 1 tablespoon Worcestershire sauce
 - 1½ pounds thinly sliced deli roast beef
 - 12 Pepperidge Farm® Farmhouse Premium White Rolls with Sesame Seeds, split and toasted
1. Heat the oil in a 4-quart saucepot over medium heat. Add the onion and cook until tender, stirring occasionally.
 2. Stir the soup, water, brown sugar, vinegar and Worcestershire in the saucepot and heat to a boil. Reduce the heat to low. Cook for 5 minutes. Add the beef to the saucepot and cook until the mixture is hot and bubbling. Divide the beef and sauce among the rolls.

Kitchen tip

Freeze individual portions of barbecued beef in small resealable freezer bags for a quick sandwich fix in a hurry.

friday

Spicy Grilled Quesadillas

Prep: 10 minutes
Grill: 5 minutes
Stand: 2 minutes

Makes: 4 servings
(4 wedges each)



- 8 (8-inch) flour tortillas
 - 8 ounces shredded Cheddar cheese (about 2 cups)
 - 1 jar (16 ounces) Pace® Chunky Salsa
 - 1 cup diced cooked chicken
 - 4 medium green onions, chopped (about ½ cup)
 - Vegetable oil
 - 1 container (8 ounces) sour cream
1. Top **each** of **4** tortillas with ½ **cup** cheese, ¼ **cup** salsa, ¼ **cup** chicken and **2 tablespoons** green onions. Brush the edges of the tortillas with water. Top with the remaining tortillas and press the edges to seal.
 2. Lightly oil the grill rack and heat the grill to medium. Brush the tops of the quesadillas with oil. Place the quesadillas oil-side down on the grill rack. Brush the other side of the quesadillas with oil. Grill the quesadillas for 5 minutes or until the cheese is melted, turning the quesadillas over once during grilling. Remove the quesadillas from the grill and let them stand for 2 minutes.
 3. Cut each quesadilla into **4** wedges. Serve with the remaining salsa and sour cream.

saturday

Honey BBQ Ribs

Prep: 10 minutes
Cook: 40 minutes

Grill: 20 minutes
Makes: 4 servings



- 1 rack pork spareribs (about 4 pounds)
 - 1 can (10½ ounces) Campbell's® Condensed French Onion Soup
 - ¾ cup ketchup
 - ⅓ cup honey
 - ½ teaspoon garlic powder
 - ½ teaspoon ground black pepper
1. Place the ribs into an 8-quart saucepot and add water to cover. Heat over medium-high heat to a boil. Reduce the heat to low. Cover and cook for 30 minutes or until the meat is tender. Drain the ribs well in a colander.
 2. Heat the soup, ketchup, honey, garlic powder and black pepper in a 2-quart saucepan over medium-high heat to a boil. Reduce the heat to low. Cook for 5 minutes.
 3. Lightly oil the grill rack and heat the grill to medium. Grill the ribs for 20 minutes or until well glazed, turning and brushing often with the soup mixture. Cut the ribs into serving-sized pieces.

Kitchen tip

Ribs are ideal for a party! Boil them and prepare the sauce a day ahead, then wrap and refrigerate. The next day, finish the ribs with the sauce on the grill as directed.

sunday

Good-for-You Chicken Parmesan

Prep: 5 minutes
Cook: 25 minutes

Stand: 5 minutes
Makes: 6 servings



- Vegetable cooking spray
 - 6 skinless, boneless chicken breasts halves (about 1½ pounds)
 - 1½ cups Prego® Heart Smart Traditional Italian Sauce
 - ¼ cup grated Parmesan cheese
 - 4 ounces shredded fat-free mozzarella cheese (about 1 cup)
1. Spray a 12-inch skillet with the cooking spray and heat over medium-high heat for 1 minute. Add the chicken and cook for 10 minutes or until it's well browned on both sides. Remove the chicken from the skillet.
 2. Stir the sauce and **3 tablespoons** of the Parmesan cheese in the skillet and heat to a boil. Return the chicken to the skillet. Reduce the heat to low. Cover and cook for 10 minutes or until the chicken is cooked through.
 3. Sprinkle the mozzarella cheese and remaining Parmesan cheese over the chicken. Let stand for 5 minutes or until the cheese melts.

Kitchen tip

Serve the chicken with a simple Caesar salad garnished with a few curls of good Parmesan. Use a vegetable peeler to shave wide ribbons from the wedge of cheese.

