

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.

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 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.

RECIPE INSPIRATION

MEDITERRANEAN CHICKPEA PILAF

4 SERVINGS

READY IN: 10 MINUTES



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

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

SINCE 1838
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**DINNER
UNDER \$10
IN 10 MINUTES**

SIMPLE EVERYDAY MEAL SOLUTIONS



Unilever

RECIPE INSPIRATION

CHICKEN TACOS

4 SERVINGS

READY IN: 10 MINUTES



- 2 Tbsp. olive oil
- 1 large green bell pepper
- 1 medium yellow onion
- 1 lb. boneless, skinless chicken thighs
- 2 tsp Knorr® Chicken flavor Bouillon
- 1 tsp. ground cumin
- 1 tomato
- 1/4 bunch fresh cilantro
- 8 corn tortillas
- 5 Tbsp. sour cream

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 cilantro and warm tortillas.

Evenly spoon cooked chicken and vegetables onto tortillas and evenly top with sour cream, tomato and cilantro. Serve with fresh lime or hot sauce, if desired.

Cost Per Recipe: \$8.38



Nutrition information per serving: Calories 330, Total Fat 15g, Saturated Fat 3.5g, Trans Fat 0g, Cholesterol 100mg, Sodium 530mg, Total Carbohydrate 23g, Dietary Fiber 2g, Sugars 6g, Protein 26g, Vitamin D 0mcg, Calcium 33mg, Iron 2mg, Potassium 313mg

STUFFED AVOCADOS

4 SERVINGS

READY IN: 7 MINUTES



- 1 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
- 2 avocados
- 2 green onions
- 1/2 cup shredded cheddar cheese

Heat 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 15mg, Sodium 510mg, Total Carbohydrate 50g, Dietary Fiber 13g, Sugars 5g, Protein 14g, Vitamin D 2mcg, Calcium 178mg, Iron 3mg, Potassium 836mg

RECIPE INSPIRATION

CHICKEN ALFREDO FLORENTINE

4 SERVINGS

READY IN: 10 MINUTES



- 1 lb. boneless, skinless
- 1 Tbsp. olive oil
- 1 can (14.5 oz.) no salt added diced tomatoes with basil and oregano, drained
- 1 cup water
- 1/2 cup 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 1-1/2 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.

Cost Per Recipe: \$7.58



Nutrition information per serving: Calories 310, Total Fat 6g, Saturated Fat 2.5g, Trans Fat 0g, Cholesterol 90mg, Sodium 500mg, Total Carbohydrate 29g, Dietary Fiber 3g, Sugars 4g, Protein 33g, Vitamin D 0mcg, Calcium 150mg, Iron 2mg, Potassium 790mg

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 pkg Knorr® Ready to Heat Cheddar Broccoli Rice
- 8 large eggs
- 1/4 cup milk

Place oven rack in center of oven. Preheat oven to 425.° Heat oil in large nonstick skillet over high heat and cook thawed peppers and onions and Knorr® Ready to Heat Cheddar Broccoli Rice 1 minute. Meanwhile, whisk together eggs and milk; season with salt and pepper, if desired.

Add egg mixture to skillet to evenly coat vegetable and rice mixture. Immediately place in oven and bake 9 minutes, or until eggs are set.

Remove to serving platter and serve.

Cost Per Recipe: \$4.78



Nutrition information per serving: Calories 290, Total Fat 16g, Saturated Fat 4.5g, Trans Fat 0g, Cholesterol 305mg, Sodium 300mg, Total Carbohydrate 21g, Dietary Fiber 1g, Sugars 4g, Protein 14g, Vitamin D 2mcg, Calcium 90mg, Iron 2mg, Potassium 162mg

RECIPE INSPIRATION

WHITE CHEDDAR CHICKEN & VEGETABLES PASTA

4 SERVINGS - READY IN: 10 MINUTES



- 1 package Knorr Selects™ White Cheddar Broccoli with Cavatappi Pasta
- 1 1/2 cups water
- 1/4 cup milk
- 2 Tbsp olive oil
- 2 carrots
- 1/2 medium red onion
- 1 bag (12 oz.) frozen green beans thawed
- 4 Tbsp. grated Parmesan cheese,
- 1 lb. boneless, skinless chicken thigh

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, onion 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

CHICKEN FRIED RICE

4 SERVINGS

READY IN: 9 MINUTES



- 1 Tbsp. vegetable oil
- 1 lb. boneless, skinless chicken thighs
- 1 bag (16 oz.) frozen Asian-style vegetables, thawed (about 2 cups)
- 1 pkg Knorr® Ready to Heat Chicken Flavored Fried Rice
- 2 eggs
- 2 green onions, chopped

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

Stir in thawed vegetable 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