

Spaghetti Bake

Serves 6



Ingredients:

- 1/2 pound spaghetti or other pasta type
- 1 tablespoon vegetable oil
- 1 1/2 cups canned chicken (drained)
- 2 cloves garlic (chopped)
- 1 teaspoon dried oregano (if you like)
- 1/4 teaspoon black pepper
- 2 cans low-sodium tomatoes (not drained, about 15 ounces each)
- 3/4 cup reduced-fat cheddar cheese (shredded)

Directions:

1. Preheat oven to 350 degrees F.
2. Cook spaghetti according to package directions. Drain and place in a 9x9-inch baking dish.
3. In a large skillet over medium heat, combine chicken, garlic, and pepper. If using oregano, add that too. Cook in oil until hot, about 5 minutes.
4. Stir in tomatoes. Lower the heat and cook for 10 minutes.
5. Spoon tomato and chicken mixture over the spaghetti in the baking dish. Sprinkle with cheese.
6. Bake for 30 minutes or until hot and bubbling.

Recipe adapted from Commodity Supplemental Food Program Cookbook

Nutrition Facts

servings per container	
Serving size	(231g)
Amount per serving	
Calories	220
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 220mg	10%
Total Carbohydrate 22g	8%
Dietary Fiber 1g	4%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 16g	
Vitamin D 0mcg	0%
Calcium 231mg	20%
Iron 1mg	6%
Potassium 71mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram
Fat 9 • Carbohydrate 4 • Protein 4

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