

A Kansas SNAP-Ed *EZ Does it* Recipe

Spaghetti Bake



Servings: 6

Ingredients:

- ½ pound spaghetti or other pasta type
- 1 tablespoon vegetable oil
- 2 cloves garlic (chopped)
- 1½ cups canned chicken (drained)
- ¼ teaspoon black pepper
- 1 teaspoon dried oregano (if you like)
- 2 cans low-sodium tomatoes (not drained, about 15 ounces each)
- ¾ cup reduced-fat cheddar cheese (shredded)



Remember to wash your hands with soap and warm water before and after cooking.

Directions:

1. Preheat oven to 350 degrees.
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.

Nutrition Facts: Each one cup serving provides 220 Calories, 8g Total Fat, 2.5g Saturated Fat, 220mg Sodium, 22g Total Carbohydrate, 1g Dietary Fiber, 16g Protein

Recipe adapted from Commodity Supplemental Food Program Cookbook

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