



Find More recipes at www.usda.gov/whatscooking

USDA is an equal opportunity provider, employer, and lender.

Nutrition Information

Nutrients	Amount
Calories	230
Total Fat	9 g
Saturated Fat	3 g
Cholesterol	40 mg
Sodium	N/A
Total Carbohydrate	19 g
Dietary Fiber	3 g
Total Sugars	5 g
Added Sugars included	N/A
Protein	18 g
Vitamin D	N/A
Calcium	160 mg
Iron	3 mg
Potassium	N/A

N/A - data is not available

Spaghetti Bake

Makes: 6 Servings

Try baking your spaghetti. Use canned chicken, low-sodium tomatoes and reduced fat cheddar cheese to make a baked spaghetti dish.

Ingredients

1/2 pound spaghetti

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.

Source: Recipe adapted from Commodity Supplemental Food Program Cookbook