# 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

<b>Nutrition F</b>	acts
servings per container	
Serving size	(231g)
Amount per serving	220
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 serving of food contributes to a daily diet. day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • P	rotein 4



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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	209
Iron 1mg	6
Potassium 71mg	2
*The % Daily Value tells you how much a serving of food contributes to a daily diet. day is used for general nutrition advice.	





Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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