



## Chicken Spaghetti

**Makes:** 4 Servings

This colorful crowd-pleaser that incorporates vegetables, whole grains, protein and dairy in one dish. Serve with some fresh, frozen, canned, or dried fruit for a meal that contains all of the food groups.

### Ingredients

- vegetable oil spray
- 4 ounce spaghetti, whole wheat uncooked
- 1 teaspoon olive oil
- 1 red bell pepper, medium (thinly sliced)
- 1 green bell pepper, medium (thinly sliced)
- 1 onion, medium (chopped)
- 2 cup cooked chicken breast, skinless and diced (cooked without salt, about 8 ounces)
- 1 can tomatoes, diced undrained (14.5 ounces) (low sodium )
- 1 can cream of chicken soup (reduced sodium (10.75 ounces))
- 1/2 cup cheddar cheese, reduced fat shredded
- 1/4 cup Parmesan cheese (shredded or grated)
- 1/4 teaspoon pepper

### Directions

1. Preheat the oven to 350°F. Lightly spray an 8-inch square baking dish with vegetable oil spray.
2. Prepare the spaghetti using the package directions, omitting the salt and oil. Drain well in a colander.
3. Meanwhile, in a large skillet, heat the oil over medium heat, swirling to coat the bottom. Cook the bell peppers and onion for 4 to 5 minutes, or until tender, stirring occasionally.
4. Pour into a large bowl. Stir in the remaining ingredients, including the spaghetti. Pour into a baking dish.
5. Bake, covered, for 20 minutes. Bake, uncovered for 10 minutes, or until the mixture is warmed through and light golden brown on top.

### Notes

Learn more about:

- Bell peppers
- Onions

Source: Power to End Stroke: 46 Healthy Soul Food Recipes Cookbook, p. 42

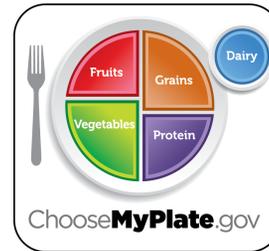
## Nutrition Information

Serving Size: 1/4 of recipe

Nutrients	Amount
<b>Calories</b>	<b>363</b>
<b>Total Fat</b>	<b>10 g</b>
Saturated Fat	4 g
Cholesterol	80 mg
<b>Sodium</b>	<b>958 mg</b>
<b>Total Carbohydrate</b>	<b>37 g</b>
Dietary Fiber	7 g
Total Sugars	7 g
Added Sugars included	0 g
<b>Protein</b>	<b>33 g</b>

N/A - data is not available

## MyPlate Food Groups



### MyPlate Food Group

Vegetables	1 cups
Grains	1 1/4 ounces
Protein Foods	2 1/2 ounces
Dairy	2/3 cups