

MAKE A GREAT PLATE



Chicken Spaghetti

Directions

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



INGREDIENTS

- Vegetable oil spray
- 4 oz. spaghetti, whole wheat uncooked
- 1 tsp. olive oil
- 1 red bell pepper, medium
- 1 green bell pepper, medium
- 1 onion, medium (chopped)
- 2 cups cooked chicken breast, skinless and diced
- 1 can tomatoes, unsalted diced undrained (14.5 OZ)
- 1 can cream of chicken soup (10.75 oz)
- ½ cup cheddar cheese, reduced fat shredded
- ¼ cup parmesan cheese (shredded or grated)
- ¼ teaspoon pepper

Approximate Nutrition Facts: 4 servings

Per Serving: Calories: 354 Fat: 8g Protein: 33g Carbohydrates: 39g