Chicken spaghetti



Recipe credit

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

About this recipe

Serves
4
Serving size
1/4 of the recipe

Ingredients

- vegetable oil spray

- 4 ounces 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 cups 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.

Nutritional info

Calories
363
Saturated fat
4 g
Cholesterol
80 mg
Sodium

958 mg
Total carbohydrates
37 g
Dietary fiber
7 g
Protein
33 g
Total sugar
7 g

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