

Chicken Spaghetti

Ingredients

- 7 oz whole grain spaghetti
- 3-1/4 cups water
- 3/4 tsp margarine, 80% fat
- 2-1/2 tsp all purpose flour
- 1/8 tsp kosher salt
- 6 tbsp milk, 1% fat
- 6 tbsp cream of celery soup
- 9 tbsp cream of mushroom soup
- 2-1/2 tsp green bell pepper, chopped
- 11 oz frozen cooked diced chicken
- 6-1/2 tsp shredded mozzarella cheese, reduced fat
- 1/4 cup shredded american blended cheese, low fat

Notes

Number of Portions: 4

Serving Size: 1 cup

Nutrition Facts: 336 calories, 7.66 g fat, 2.17 g saturated fat, 435 mg sodium, 40.62 g carbohydrate, 4.72 g fiber, 2.9 g sugar, 26.81 g protein

Directions

1. Cook spaghetti in water, drain, and set aside.
2. Mix together margarine, flour, salt, and milk. Stir over low heat until thickened.
3. Add soups and peppers and stir until incorporated.
4. Chop chicken and add to soup mixture and stir.
5. Add drained spaghetti to soup/meat mixture. Heat until internal temperature reaches 165°F.
6. Mix completely and place in a 12 x 20 inch pan. Sprinkle cheeses over top. Place in oven on low heat only until cheese melts.