

#QUARANTINE KITCHEN

Budget-Friendly Recipes
Using Canned & Dry Foods

Spaghetti Bake *(Makes about 6 servings.)*

Ingredients

- ½ lb. spaghetti
- 1 Tbsp. vegetable oil
- 1½ c. canned chicken, drained
- 2 cloves garlic, chopped
- 1 tsp. dried oregano (optional)
- ¼ tsp. black pepper
- 2 cans (15-oz. each) tomatoes
- ¾ c. reduced-fat cheddar cheese, shredded

Directions:

1. Preheat oven to 350° F. Cook spaghetti according to package directions. Drain and place in a 9x9-in. baking dish.
3. In a large skillet over medium heat, combine chicken, garlic, pepper, and oregano (if using). Cook in oil until hot, about 5 minutes.
4. Stir in undrained tomatoes. Lower heat and cook 10 minutes.
5. Spoon tomato and chicken mixture over spaghetti in the baking dish. Sprinkle with cheese.
6. Bake for 30 minutes or until hot and bubbling.

Nutrition info: Serving size: 1 cup, Calories: 230, Total Fat: 9 g, Saturated Fat: 3 g, Cholesterol: 40 mg, Sodium: 380 mg, Total Carbohydrate: 19 g, Dietary Fiber: 3 g, Sugars: 5 g, Protein: 18 g. *Recipe adapted from Commodity Supplemental Food Program Cookbook.*

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