

## CHICKEN SPAGHETTI DINNER

**Prep Time:** 5 minutes

**Cook Time:** 10 minutes

**Included in Box:**

- 2 c. whole wheat spaghetti pasta, cooked
- 2 (5 oz) cans chicken, drained
- 1 (15 oz) can low sodium spaghetti sauce

**Additional Ingredients Needed:**

- 1 small onion (~½ c.), diced
- 1 tsp garlic powder
- 1 tsp dried oregano or parsley

**Directions:**

1. Add ¼ c. water and onion to pan over medium-high heat; cook until translucent (3-4 minutes).
2. Add chicken, spaghetti sauce to pan; cook until thoroughly heated (5-6 minutes).



**Nutrition Facts\***

**Total Servings:** 4

**Serving Size:** ½ c. pasta + ½ c. sauce mixture

**Calories:** 227

**Fat:** 2 g

**Sodium:** 367 mg

**Carbohydrates:** 30.5 g

**Fiber:** 5.6 g

**Protein:** 21.5 g

**Carbohydrate Servings:** 2

*\*Nutrient facts include cooked whole wheat spaghetti pasta (unpacked), canned premium chunk chicken breast in water (drained), canned no salt spaghetti sauce with tomato bits, small white onion, and seasonings.*