

REDUCED FAT CHEESY CHICKEN SPAGHETTI



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Yield: 12-14

Ingredients

- 1 lb boneless skinless chicken breast
- 1 (16 oz) package whole wheat spaghetti noodles
- 1 can low sodium, fat free chicken broth
- ½ bag of frozen blend onions, bell pepper and celery
- 1 pound of 2% reduced fat cheddar cheese
- 2 cans rotel tomatoes diced
- 1 can low fat cream of chicken soup
- 1 can low fat cream of mushroom soup
- 1 small 4 oz can diced mushrooms (optional)

Directions

1. Boil chicken with chicken broth, then add salt and pepper to taste.
2. Cool meat and pull apart. Cook spaghetti in broth and also sauté onion, bell pepper and celery blend in small amount of chicken broth and 1-2 teaspoons lite butter.
3. Add to spaghetti and stir in chicken, cheese and rotel. Stir over medium heat until cheese is melted.
4. Add cream of mushroom and chicken soups. Then place in casserole dish and bake at 350 for 20 minutes.

Nutritional Information

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
½ cup	275	3 g	9.5 g	23 g	287 mg

Diabetic Exchange: 2 carbohydrate servings