

## Cheesy Chicken Spaghetti

*This is a great recipe to make use of chicken when it goes on sale. And everyone loves chicken spaghetti.*

- 12 ounces Whole Wheat Penne Pasta, cooked
- 1 can 98% FF and reduced sodium cream of chicken soup
- 1 can 98% FF and reduced sodium cream of mushroom soup
- 1 can diced tomatoes with green chilies
- 1/2 cup red bell pepper, diced
- 1/2 cup green bell pepper, diced
- 1/2 cup onion, diced - or less, to taste
- 1 - 4 ounce can mushroom stems and pieces, drained
- 2 cups cooked, chopped chicken
- 1 pound American Processed Light (2%) Cheese
- 1/2 cup water

### Nutrition Facts

Serving Size 1/12 recipe	
Servings Per Container 12	
Amount Per Serving	
<b>Calories</b> 149	Calories from Fat 45
% Daily Values*	
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 6mg	<b>2%</b>
<b>Sodium</b> 843mg	<b>35%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 0g	
<b>Protein</b> 12g	<b>24%</b>

\*Percent Daily Values are based on a 2,000 calorie diet.

### Directions:

1. Spray slow cooker with non-stick cooking spray.
2. Combine all ingredients in slow cooker and stir to mix well.
3. Cook on LOW for 2-3 hours. Stir before serving.

Need a conversation starter for your meal? Try this:  
Finish this sentence: "someday I'm going to ....."

