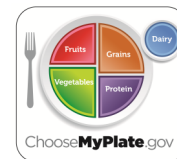


## Spaghetti, Enriched, Dry

MyPlate Food Group: **Grain**



### Product Description

- Spaghetti is made from durum wheat semolina and water. It has added iron, thiamin, niacin, riboflavin, and folic acid.

### Storage

- Store unopened packages of spaghetti in a cool, clean, dry place.
- After opening, keep package tightly closed

### Uses and Tips

- Spaghetti can be served with a tomato or meat sauce.
- Spaghetti may also be used in recipes for soups, casseroles, or salads.
- Toss cold cooked spaghetti with chopped vegetables, oil, and vinegar for an easy pasta salad.

### Nutrition Information

- ½ cup of cooked spaghetti counts as 1 ounce in the MyPlate.gov Grains Group. For a 2,000-calorie diet, the daily recommendation is about 6 ounces.

### Resources

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.foodsafety.gov](http://www.foodsafety.gov)

## Nutrition Facts

Serving size: ½ cup (70g) spaghetti, cooked

### Amount Per Serving

**Calories** 110      **Calories from Fat** 5

### -% Daily Value\*

<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 22g	<b>8%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 0g	
<b>Protein</b> 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%

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

This sheet is intended for individuals and families receiving USDA Foods to use at home. Nutrient Values in the Nutrition Facts panel are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts panel or ingredient list for product-specific information.

# USDA Foods

## Spaghetti Bake

**Makes about 6 servings**

### Ingredients

- ½ pound spaghetti
- 1 tablespoon vegetable oil
- 1 ½ cups canned chicken, drained
- 2 cloves garlic, chopped
- 1 teaspoon dried oregano (if you like)
- ¼ teaspoon black pepper
- 2 cans (about 15 ounces each) low-sodium tomatoes, not drained
- ¾ cup reduced-fat cheddar cheese, shredded

## Directions

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

*Recipe adapted from Commodity Supplemental Food Program Cookbook, <http://www.ncsfpa.org/nutrition/>*

## Simple Spaghetti and Meat Sauce

**Makes about 4 servings**

### Ingredients

- 4 cups cooked spaghetti (about ½ pound dry)
- Nonstick cooking spray
- ½ cup onion, chopped
- 3 cloves garlic, chopped
- 1 ½ cups canned beef, drained
- 1 can (about 15 ounces) low-sodium tomato sauce

## Directions

1. Cook spaghetti according to package directions. Drain well.
2. In a medium-size skillet coated with nonstick cooking spray, cook the onion and garlic over medium heat until soft.
3. Stir in beef and tomato sauce, and cook 10 minutes.
4. Spoon beef and sauce mixture over cooked spaghetti.

*Recipe adapted from Commodity Supplemental Food Program Cookbook, <http://www.ncsfpa.org/nutrition/>*