

Spaghetti, Whole-Grain, Dry

MyPlate Food Group: **Grain**



Product Description

- Whole-grain spaghetti is made from U.S. No.1, 100% whole durum wheat.

Storage

- Store unopened packages of spaghetti in a cool, clean, dry place.

Uses and Tips

- Whole-grain spaghetti may be topped with a tomato or meat sauce.
- Use cooked spaghetti in soups, or salads.
- Combine with peas, beans, fish, poultry, meat, cheese or vegetables

Nutrition Information

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

Resources

- www.nutrition.gov
- www.foodsafety.gov

Nutrition Facts

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

Amount Per Serving

Calories 90 **Calories from Fat** 0

-% Daily Value*

| | | | |
|-------------------------------|-----------|----|-----------|
| Total Fat 0g | | | 0% |
| Saturated Fat 0g | | | 0% |
| <i>Trans Fat</i> 0g | | | |
| Cholesterol 0mg | | | 0% |
| Sodium 0mg | | | 0% |
| Total Carbohydrate 24g | | | 8% |
| Dietary Fiber 2g | | | 8% |
| Sugars 0g | | | |
| Protein 4g | | | |
| Vitamin A 0% | Vitamin C | 0% | |
| Calcium 1% | 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/>

Bake and Freeze Spaghetti Casserole

Makes about 4 servings

Ingredients

- 8 ounces uncooked pasta (elbow macaroni, bow ties or spaghetti)
- 1 Tbsp. canola oil or other oil
- 1 1/2 c. canned chicken (drained)
- 2 cloves garlic (chopped)
- 1 tsp. dried oregano (optional)
- 1/4 tsp. black pepper
- 2 (15-ounce) cans low-sodium tomatoes, not drained
- 3/4 c. reduced-fat cheddar cheese (shredded)

Directions

1. Preheat oven to 350 degrees F.
2. Cook pasta according to package directions. Drain and place in a 9- by 9-inch baking dish. I
3. In a large skillet over medium heat, combine chicken, garlic and pepper. If using oregano, add that, too.
4. Cook in oil until hot, about five minutes. Stir in tomatoes. Lower the heat and cook for 10 minutes.
5. Spoon tomato and chicken mixture over the pasta in the baking dish. Sprinkle with cheese.
6. Bake for 30 minutes or until hot and bubbling.
7. Serve immediately or cool to room temperature, then freeze up to three months.

Recipe adapted from North Dakota State University Extension Service