Main Dishes



Spinach Artichoke Chicken

\$14.00 (\$3.50/serving) 375 cal/serving

*If served with noodles - 590 cal/serving

Ingredients

Chicken Breast – 4 (thawed)

Cream of Mushroom Soup – 1 can

Artichoke Hearts – 1 can (quartered; in water and drained)

Spinach – 1 can (drained) or 1 package frozen chopped (thawed and drained of excess water)

Onion – ½ medium (diced)

Parmesan Cheese – 1/4 C shredded or grated

Garlic – 3 cloves (chopped)

Cream Cheese (reduced fat) - 4 oz

Mushrooms – 1 can (drained) or ½ C fresh (chopped)

Dried Basil – ½ t

Salt

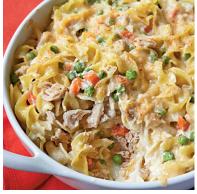
Pepper

Directions:

- 1. Layer chicken, salt and pepper, spinach, artichokes, and cream cheese in the crock pot
- 2. Add the diced onion, dried basil, and chopped garlic to the crockpot
- 3. Add the cream of mushroom soup and mushrooms to the crockpot
- 4. Mix the ingredients together once all ingredients have been added to the crockpot
- 5. Cook on low for 6-8 hours or on high for 3-5 hours

*OPTIONAL:

- 1. 20 minutes before the meal is to be eaten, boil 6 cups of water in a large cooking pot
- Cook the noodles to al dente (soft, but not soggy or mushy)
- Serve the chicken and sauce over the noodles



Ingredients:

Tuna – 2 cans (drained)

Noodles - 4 C (dry)

Mayo (made with olive oil) - 1-2 T

Carrots – 2 large cut up (1/4 inch pieces) or 1 can (drained)

Celery – 2 stalks (1/4 inch pieces)

Peas – ½ C frozen or ½ can (drained)

Onion – ½ medium (diced)

Mustard (regular or spicy brown) - 1 T

Cheese – ½ to ¾ C sharp cheddar (or cheese of choice)

Pepper - 1/4 t

OPTIONAL:

*All recipes make about 4-6 servings

Noodles - 4 C dry

1. Boil water and cook

2. Serve chicken and sauce

OPTIONAL:

2 T Light Ranch 2 T BBQ Sauce

1 T Bacon bits

Tuna Casserole

\$6.00 (\$1.50/serving) 400 calories/serving

*Add 80 cal/serving for OPTIONAL ingredients

Directions:

- 1. Preheat oven to 350 degrees F
- 2. Boil 6 cups water in large pot
- 3. Chop carrots into 1/4 inch pieces
- 4. Boil noodles and carrots in water for 8-10 minutes
- 5. While noodles and carrots are boiling, chop onion and celery into 1/4 inch pieces
- 6. Open and drain tuna and add to large mixing bowl
- 7. Add mayo, cheese, pepper, mustard, peas, and celery to the same mixing bowl
- 8. Once the noodles and carrots are done, take them off the heat and drain them then add them to the mixing bowl
- 9. Mix all ingredients together well
- 10. Place all contents into a 13" x 9" baking dish that has been sprayed with Pam
- 11. Top casserole with 1/4 C cheese
- 12. Place baking dish into the 350 degree oven and bake for 20 minutes, or until cheese on the top is melted

