### Spinach Artichoke Chicken

**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 – ¼ 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. Boil water and cook noodles
2. Serve chicken and sauce over noodles

**Calories per serving:**
- 375 cal
- 590 cal if served with noodles

**Price:**
- $14.00 ($3.50/serving)

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### Tuna Casserole

**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 – ¼ t

**Optional:**
- 2 T Light Ranch
- 2 T BBQ Sauce
- 1 T Bacon bits

**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

**Calories per serving:**
- 400 calories
- 480 calories if served with optional ingredients

**Price:**
- $6.00 ($1.50/serving)

*All recipes make about 4-6 servings*

*Add 80 cal/serving for Optional ingredients*