

Main Dishes



Spinach Artichoke Chicken

\$14.00 (\$3.50/serving)

375 cal/serving

*If served with noodles - 590 cal/serving

1



Tuna Casserole

\$6.00 (\$1.50/serving)

400 calories/serving

*Add 80 cal/serving for
OPTIONAL ingredients

2

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

*All recipes make about 4-6 servings

OPTIONAL:

Noodles - 4 C dry
1. Boil water and cook noodles
2. Serve chicken and sauce over noodles

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
2. Cook the noodles to al dente (soft, but not soggy or mushy)
3. 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 – ¼ t

OPTIONAL:

2 T Light Ranch
2 T BBO 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

*Add OPTIONAL ingredients after step 8 if desired