

## Zesty SpaghettiOs

4 Servings

Estimated cost per serving: \$1.35

- 2 (15-oz) cans original or fun-shapes SpaghettiOs
- 1 (15-oz) can kidney beans, rinsed and drained
- 2 green onions, thinly sliced
- 1 Tbsp chili powder
- $\frac{1}{2}$  cup shredded reduced-fat Cheddar or Monterey Jack cheese



1. Combine all the ingredients except the cheese in a large non-stick skillet.
2. Cook uncovered over medium heat until heated through, stirring occasionally.
3. Sprinkle with the cheese, cover and cook until the cheese melts, about 1 - 2 minutes.

\*Mix together low-fat yogurt and fresh fruit for a tasty dessert and to make a balanced meal.

### **Nutrition Information per Serving:**

315 calories, 2.5g fat, 1g saturated fat, 0 cholesterol, 940mg sodium, 55g carbohydrates, 12 g dietary fiber, 13g protein.

**Good source** of vitamins A and C, calcium, iron, and dietary fiber.

Pyramid servings: 2.5 grains, 1 meat, 1 vegetable,  $\frac{1}{2}$  dairy

**Nutrition Notes:** Tomato is a great choice for a vegetable (even though it is technically a fruit!). Tomatoes can be eaten raw, as juice, made into sauce, soups, paste, and catsup. They are a great addition to a salad and add color to a boring casserole. Tomatoes contain vitamins, minerals, and many antioxidants that protect you from cancer and heart disease.

Questions or comments??? Contact MSU nutritionist, Rebecca Gruenes, MS, RD, at (507)389-5689 or at [rebecca.gruenes@mnsu.edu](mailto:rebecca.gruenes@mnsu.edu)