

## Chicken or Turkey Noodles

Chicken or Turkey Noodles is an easy casserole full of chicken, whole grain spaghetti, spinach, and bell peppers in a light creamy sauce.

### CACFP Home Childcare Crediting Information

1 cup (8 oz spoodle) provides  $\frac{1}{4}$  cup vegetable ( $\frac{1}{8}$  cup red/orange vegetable,  $\frac{1}{8}$  cup other vegetable), 1 oz equivalent meat, and 1 oz equivalent grains.



**Preparation Time:** 20 minutes

**Cooking Time:** 15 minutes

**Makes:** 6 servings

### Ingredients

- 2 cups Low-sodium chicken broth
- 1 qt or 7 oz Whole grain spaghetti noodles, broken in half
- 1  $\frac{1}{2}$  cups or 6 oz Fresh onions, diced
- 4 cups or 6 oz Fresh carrots, shredded
- 1 Tbsp Margarine, trans fat-free
- 2 Tbsp Whole-wheat flour
- $\frac{3}{4}$  cup or 6 oz Nonfat milk
- $\frac{1}{4}$  tsp Salt
- $\frac{1}{4}$  tsp Black pepper
- $\frac{1}{4}$  tsp Dried marjoram
- $\frac{1}{8}$  cup Dried parsley
- 3  $\frac{1}{2}$  cups or 2 oz Fresh spinach, chopped
- 1  $\frac{1}{2}$  cups or 7 oz Cooked diced chicken, thawed

### Directions

- 1 Heat chicken broth to a rolling boil in a medium saucepan.
- 2 Slowly add pasta. Stir constantly until broth boils again. Cook about 6 minutes or until al dente. Stir occasionally.  
DO NOT DRAIN BROTH OR OVERCOOK.
- 3 Add onions and carrots to pasta. Remove from heat. Set aside for step 7.
- 4 In a medium saucepan, melt margarine uncovered over medium heat.
- 5 Add flour. Stir well for 1 minute.
- 6 Add milk. Stir mixture frequently until smooth and free of lumps. Bring mixture to a boil. Remove from heat.
- 7 Add milk mixture, salt, pepper, marjoram, parsley, and chicken to pasta mixture. Heat uncovered over medium heat for 3 minutes. Stir until thickened.
- 8 Add spinach. Stir well over medium heat.
- 9 Critical Control Point: Heat to 165° F or higher for at least 15 seconds.
- 10 Transfer to a baking dish (9"x13"x2")
- 11 Critical Control Point: Hold at 140 °F or higher until served.
- 12 Serve 1 cup (portion with 1 cup measuring cup or 8 oz spoodle).

### Source:

CACFP Home Childcare 6-Serving Recipe Project

**Nutrients Per Serving: Calories** 244, **Protein** 16 g, **Carbohydrates** 34 g, **Dietary Fiber** 3 g, **Total Sugars** 6 g, **Total Fat** 5 g, **Saturated Fat** 2 g, **Cholesterol** 63 mg, **Sodium** 222 mg, **Vitamin A** 288 mcg RAE, **Vitamin C** 24 mg, **Vitamin D** 26 IU, **Calcium** 79 mg, **Iron** 2 mg, **Potassium** 421 mg

