

For Kids! Easy Italian Chicken Thighs & Spaghetti ~ choose one side item to complete your meal

Easy Italian Chicken Thighs

4 servings

- 1 1/2 lb Chicken thighs, skin removed
- 1 cup Pasta sauce
- 2 Tbsp Grated Parmesan cheese



Preheat oven to 350 degrees. Remove skin from chicken thighs, rinse in cool water, and pat dry with a clean towel. Place the chicken in a square baking pan with sides which is lightly sprayed with cooking oil spray. Cook chicken in the oven for 15 minutes. Remove pan from oven, spoon pasta sauce over top of chicken and cook about 10 minutes longer until chicken is well done. Sprinkle with grated cheese just before serving.

Note: This recipe can be made with chicken legs in place of thighs.

Note: Serve one half portion to children under 10 years.

- ◇ **Chicken thighs on sale**
- ◇ **Chicken legs on sale**
- ◇ **Pasta sauce on sale**
- ◇ **Grated Parmesan cheese on sale**
- ◇ **Dry spaghetti on sale**

Chicken Recipe Nutrition per serving

225 calories; 22 gm protein; 9 gm carbohydrate; 11 gm total fat; 3 gm saturated fat; 0 trans fat; 75 mg cholesterol; 1 gm fiber; 360 mg sodium

To Make Buttered Spaghetti: Prepare according to package directions. After draining, add a small amount of whipped butter and toss to mix.

Side Items:

1. Onion-Flavored Green Beans or French Green Beans – Affordable, staple ingredient: Lowe's Foods Brand Frozen Green Beans or French Green Beans

To Make: Get out a cutting board and knife and chop up 1/2 small onion for topping. Cook frozen green beans according to package directions. Drain water. Add onions to the top. Dust with salt and pepper to taste.

2. Lightly Sautéed Greens – Affordable, staple ingredient: Fresh greens such as spinach, kale, turnip or mustard

To Make: Get out a cutting board and knife, remove thick stems and chop greens coarsely. If using spinach, then chopping is not necessary. Heat a large skillet with 2 Tbsp oil and then add about 8 cups of greens and stir in hot pan for 2 minutes. Quickly, add 2 cloves of minced or sliced garlic and stir in pan. Dust with salt & pepper to taste.

3. Chile Rice Pot – Affordable, staple ingredients: Lowe's Foods Brand White Rice, Canned Red Kidney Beans, Stewed Diced Tomatoes with Italian Herbs and Frozen Corn

To Make: Place the following ingredients together in a large, shallow microwave dish: 1 cup white rice, 14 oz can stewed diced tomatoes with Italian herbs, 15 oz can red kidney beans (drained and rinsed), 2 cups frozen corn, 1 cup prepared salsa, 1 1/2 cups water. Cover and microwave on HIGH for 25-30 minutes or until rice is tender and has absorbed almost all the liquid.