



APRIL 2024

SPAGHETTI

B VITAMINS

Spaghetti noodles are enriched with B vitamins, important for many cellular functions in our body, including maintaining a healthy brain, memory and mood. B vitamins also help our bodies convert the food we eat into energy. One B vitamin in particular – folate – can reduce the risk of birth defects, specifically neural tube defects. Other food sources of B vitamins include eggs, legumes, citrus fruits, dark leafy greens, avocados, meat, poultry, fish and dairy.

IRON

Another important nutrient that is found in spaghetti noodles is iron. Iron is important to help prevent anemia, a condition in which the body does not have enough healthy red blood cells to carry oxygen to the body's tissues. Symptoms of anemia include fatigue, weakness, pale skin, lightheadedness, headaches and cold hands and feet. Other food sources of iron include beef, fish, poultry, beans, spinach, legumes and pumpkin seeds. Pair plant-based sources with citrus fruit to increase iron absorption.

DID YOU KNOW?

One clever way to keep the portion size of spaghetti noodles in check is to make spaghetti muffin cups or muffin tin spaghetti. Visit [Hy-Vee.com](https://www.hy-vee.com) and search for the Easy, Cheesy Spaghetti Cups recipe.



If "What's for dinner?" is a frequent question in your household, spaghetti can be that quick and convenient go-to for those last-minute dinner plans. This affordable grain can also provide a nutritious balance to the dinner plate.

Spaghetti dishes are a great way to sneak in vegetables, such as diced tomatoes, spinach, asparagus, bell peppers and zucchini. And to enhance the feeling of fullness at meals, incorporate lean protein foods such as chicken, seafood or lean ground turkey or beef.

A serving size of long pasta noodles is two ounces, or, one cup cooked.

Dry pasta is shelf-stable and can be stored in an airtight container for one to two years. Store leftover, cooked spaghetti in the refrigerator and consume within two to three days.

CHICKEN DIVAN

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Makes 6 servings.

All you need:

- ½ (16-oz) pkg spaghetti noodles
- 2 tbsp butter
- 2 tbsp olive oil
- 1 (1-lb) pkg boneless skinless chicken breast tenders
- Salt
- 2 tbsp all-purpose flour
- 1½ cups 2% reduced-fat milk
- 1 cup shredded sharp Cheddar cheese
- 2 cups frozen broccoli
- 1 (7-oz) can mushrooms, drained
- Fresh parsley, for garnish



All you do:

1. Cook spaghetti according to package directions. Drain; set aside.
2. Preheat oven to 350 degrees. Add butter and olive oil to a large oven-proof skillet. Season chicken with salt. Cook chicken until golden brown and no longer pink (165 degrees). Remove chicken from skillet; cut into bite-size pieces.
3. In same skillet, whisk in flour. Cook 1 minute or until mixture smells nutty. Slowly whisk in milk. Bring mixture to a simmer and continue cooking until thickened. Whisk in cheese until melted and smooth.
4. Mix pasta, cheese sauce, chicken, broccoli and mushrooms into skillet. Bake 20 minutes or until heated through. Remove from oven and garnish with fresh parsley, if desired.

Recipe source: hy-vee.com

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Nutrition questions or concerns?
Contact Hy-Vee Dietitian Katie Schaeffer at
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