

## **Zesty SpaghettiOs**

4 Servings

### *What you need:*

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

½ cup shredded reduced-fat Cheddar or Monterey Jack cheese

### *All you do:*

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.

Nutrition Information per Serving:

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