



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

Bountiful Backpack

Spring Chicken



Serves: 6

Serving Size: 1 cup

Ingredients:

- 1 cup dry macaroni
- 1 Tablespoon vegetable oil
- 1 Tablespoon onion flakes
- ½ cup salsa
- 1 can (12 ounces) chicken, drained
- 1 can (15 ounces) tomatoes, undrained
- 1 can (15 ounces) corn or other vegetable, drained
- ½ cup reduced-fat shredded cheddar cheese

Directions:

1. Wash hands.
2. Prepare macaroni according to the package directions.
3. In a large pan, cook onion flakes and vegetable oil until onion is soft.
4. Stir in salsa, chicken, tomatoes, corn and cooked macaroni.
5. Cook for 10 minutes over medium heat.
6. Remove from heat and stir in cheese until melted.

Nutrition Facts

6 servings per recipe

Serving size 1 cup (119g)

Amount Per Serving

Calories 150

% Daily Value*

Total Fat 5g 6%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 20mg 7%

Sodium 280mg 12%

Total Carbohydrate 15g 5%

Dietary Fiber 1g 4%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 11g 22%

Vitamin D 0mcg 0%

Calcium 52mg 4%

Iron 0.72mg 4%

Potassium 0mg 0%

Vitamin A 4%

Vitamin C 10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP and this work is supported by the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture.

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S-0010-01-Spring-Chicken

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