White Cheese Chicken Lasagna

A chicken and spinach lasagna with a creamy white cheese sauce. Great for any occasion!

Prep: 25 mins Cook: 50 mins Servings: 6

Ingredients:

9 lasagna noodles

1/4 cup butter or margarine

1/2 onion, chopped

1/2 clove garlic, minced

1/4 cup all-purpose flour

1/2 teaspoon salt

1 cup and 1 tablespoon low sodium chicken broth

3/4 cup 2% milk

2 cups shredded low-fat mozzarella cheese, divided

1 tablespoon and 1-3/4 teaspoons grated Parmesan cheese for topping

1/2 teaspoon dried basil

1/2 teaspoon dried oregano

1/4 teaspoon ground black pepper

1/2 cup low-fat ricotta cheese

1 cup cubed, cooked chicken

1 (10 ounce) package frozen chopped spinach, thawed and drained

1-1/2 teaspoons chopped fresh parsley

1 tablespoon and 1-3/4 teaspoons grated Parmesan cheese for topping

Directions

Preheat oven to 350 F. Bring a large pot of lightly salted water to a boil. Cook lasagna noodles in boiling water for 8 to 10 minutes. Drain, and rinse with cold water.

Melt the butter or margarine in a large saucepan over medium heat. Cook the onion and garlic in the butter until tender, stirring frequently. Stir in the flour and salt, and simmer until bubbly. Mix in the broth and milk, and boil, stirring constantly, for 1 minute.

Stir in 2 cups low-fat mozzarella cheese and 1/4 cup Parmesan cheese. Season with the basil, oregano, and ground black pepper. Remove from the heat and set aside.

Spread 1/3 of the sauce mixture in the bottom of an 8x8 inch baking dish. Layer with 1/3 of the noodles, the ricotta, and the chicken. Arrange 1/3 of the noodles over the chicken, and layer with 1/3 of the sauce mixture, spinach, and the remaining 2 cups low-fat mozzarella cheese and 1/2 cup Parmesan cheese. Arrange remaining noodles over cheese and spread remaining sauce evenly over noodles.

Bake 35 to 40 minutes. Remove from oven and Sprinkle with parsley and 1/4 cup Parmesan cheese. Let cool for up to 20 minutes before serving.

Note: Use oven-ready lasagna noodles to skip a step and save time.