



Creamy Chicken Lasagna

Description

Ingredients:

- â?? 9 lasagna noodles, cooked al dente
- â?? 2 tablespoons of olive oil
- â?? 1 medium onion, diced
- â?? 2 garlic cloves, minced
- â?? 1 1/2 pounds of chicken breast, cooked and shredded
- â?? 2 1/2 cups of ricotta cheese
- â?? 1 cup of grated Parmesan cheese
- â?? 1 large egg
- â?? 3 cups of mozzarella cheese, shredded
- â?? 1/4 cup of fresh basil leaves, chopped
- â?? 1/4 cup of fresh parsley leaves, chopped
- â?? Salt and pepper, to taste
- â?? 3 cups of b  chamel sauce or Alfredo sauce (if you prefer a shortcut)
- â?? 1 teaspoon of nutmeg (optional)

Directions:

1. Preheat your oven to 375  F (190  C) and lightly grease a 9  13 inch baking dish.
2. In a large skillet, heat the olive oil over medium heat. Add the onion and garlic, saut  ing until they are translucent.
3. Add your pre-cooked shredded chicken to the skillet, mixing it in with the onions and garlic. Warm through, then set aside.
4. In a medium bowl, combine ricotta cheese, 1/2 cup of Parmesan, the egg, fresh basil, and parsley. Season with salt and pepper to taste, mixing well.
5. Spread a thin layer of b  chamel or Alfredo sauce over the bottom of the prepared baking dish.
6. Lay 3 lasagna noodles over the sauce, then spread half of the ricotta mixture over the noodles. Top with half of the chicken mixture, 1 cup of mozzarella, and a third of the remaining b  chamel sauce.
7. Repeat layers, starting with the noodles, remaining ricotta mixture, remaining chicken mixture, another cup of mozzarella, and another third of the b  chamel sauce.
8. Top the second layer of b  chamel sauce with the final 3 noodles, the last third of the b  chamel sauce, remaining mozzarella, and 1/2 cup of Parmesan. If using, sprinkle nutmeg over the top.
9. Cover the dish with foil and bake for 25 minutes. Remove the foil and bake for an additional 10-15 minutes, or until the top is bubbly and golden.

10. Let the lasagna stand for 10 minutes before cutting to allow the layers to set.

Variations & Tips:

â?? Experiment with different types of cheese for variations in flavor; smoked provolone can add a rich depth, while Gruy re can bring a nutty warmth to the dish.

â?? For a vegetarian option, roasted vegetables such as zucchini, bell peppers, and spinach can replace the chicken.

â?? The b chamel sauce could be homemade for those who enjoy the practice of traditional techniques, infusing with a bay leaf and clove for added depth, or substituted with a quality store-bought Alfredo sauce for convenience without much compromise on taste.

â?? Don t shy away from the fresh herbs â?? they bring a brightness to the creamy layers, elevating the entire dish.

Category

- 1. Grandma Recipes

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