

GARLIC PARMESAN CHICKEN LASAGNA BAKE

Serves: 9-12

Casserole size: 8 X13 X3

INGREDIENTS

For the lasagna:

- 10-15 **no-boil** lasagna noodles
- 3 cups cooked, shredded chicken (use rotisserie chicken for lots of yummy flavor or cook two – three boneless chicken breasts))
- 12 ounces frozen peas
- ½ cup Parmesan cheese
- ½ cup Swiss cheese
- ¼ cup seasoned breadcrumbs

For the sauce:

- 6 tablespoons butter
- 1½ tablespoons minced garlic
- 6 tablespoons flour
- ½ teaspoon poultry seasoning
- ¾ teaspoon salt
- 5 cups milk

INSTRUCTIONS

1. **Make the sauce:** Melt the butter in a large saucepan over medium high heat. Add the garlic and sauté until fragrant - stir continuously to avoid burning because burnt garlic will taste bitter. Add the flour, poultry seasoning, and salt. Whisk and cook for 1-2 minutes. Add the milk, one cup at a time, whisking after each addition and allowing it to thicken slightly each time before adding the next cup. When the sauce is smooth and thick, remove from heat and set aside.
2. **Layer the lasagna:** Grease a 9x13 pan. Cover the bottom of the pan with (about 5) broken lasagna noodles, half of the chicken, half of the peas, ¼ cup Parmesan, ⅓ cup water, and 1½ cups sauce. Repeat this layer once more. Top with a layer of broken noodles, ⅓ cup water, 1½ cups sauce, and ½ cup Swiss cheese. Sprinkle bread crumbs over the top of the casserole.
3. **Wrap and Freeze:** Spray foil wrap on the side that will cover the lasagna. Wrap, label and freeze.

Baking:

Thaw overnight in refrigerator. Pre-heat oven to 400 degrees. Bake 40 minutes or until warmed throughout.

LABEL:



GARLIC PARMESAN CHICKEN LASAGNA BAKE

Ingredients: Chicken breasts, lasagna noodles, peas, milk, parmesan cheese, Swiss cheese, garlic, bread crumbs, poultry seasoning, salt and pepper.

Instructions:

1. Thaw overnight in the refrigerator.
2. Pre-heat oven to 400 degrees.
3. Bake 40 minutes or until heated throughout.