

Chicken Lasagna Alfredo



- 10 uncooked lasagna noodles
- 1 jar (16 oz or 435 mL) white Alfredo pasta sauce
- $\frac{1}{4}$ cup (50 mL) milk
- $1\frac{1}{2}$ tsp (7 mL) dried oregano
- 3 cups (750 mL) coarsely chopped cooked chicken
- 3 cups (750 mL) shredded mozzarella cheese (12 oz/350 g)
- 1 can (14 oz/398 mL) artichoke hearts in water, drained and chopped
- 4 oz (125 g) crumbled feta cheese
- $\frac{1}{2}$ cup (125 mL) chopped red bell pepper
- $\frac{1}{4}$ cup (50 mL) finely chopped onion
- 1 garlic clove, pressed
- 2 cups (500 mL) packed fresh baby spinach leaves (about 4 oz/125 g)

1. Preheat oven to 375°F (190°C). Cook noodles according to package directions; drain and set aside. In medium bowl, whisk together Alfredo sauce, milk and oregano until blended. In large bowl, combine chicken, mozzarella cheese, artichokes, feta cheese, bell pepper, onion and garlic; mix well.
2. To assemble lasagna, spread $\frac{2}{3}$ cup (150 mL) of the Alfredo sauce mixture over bottom of **Rectangular Baker**. Top with half of the noodles, overlapping to fit. Layer half of the spinach over noodles; top with half of the chicken mixture. Repeat layers, starting with half of the remaining sauce. After layering, pour remaining sauce over top of lasagna.
3. Cover baker with aluminum foil; bake 45 minutes. Remove foil; bake, uncovered, 10-15 minutes or until bubbly. Remove from oven; let stand 15 minutes before serving.

Yield: 12 servings

U.S. Nutrients per serving: Calories 290, Total Fat 16 g, Saturated Fat 9 g, Cholesterol 80 mg, Carbohydrate 13 g, Protein 23 g, Sodium 700 mg, Fiber 1 g

