

## Chicken

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# Chicken Lasagna Casserole

Palm Beach Post

### Servings: 8

*This lasagna can be served over a bed of noodles or rice. It also may be spooned into a sub roll.*

- 1 cup ricotta cheese**
- 1 cup mozzarella cheese, shredded**
- 1 jar (16 oz) roasted red peppers, drained, patted dry and diced**
- 1 egg**
- 1/2 teaspoon lemon juice**
- 1 clove garlic, minced**
- 1/2 teaspoon dried oregano**
- 1/2 teaspoon dried basil**
- 3/4 teaspoon salt**
- 1/4 teaspoon ground black pepper**
- 1 tablespoon olive oil**
- 1 1/4 pounds boneless/ skinless chicken breasts, cut into 1-inch chunks**
- 1 1/4 pounds boneless/ skinless chicken thighs, cut into 1-inch chunks**
- 3/4 cup panko breadcrumbs**
- 2 tablespoons butter, melted**

Preheat the oven to 400 degrees.

Coat an 11x8-inch baking pan with non-stick spray.

In a medium bowl, mix together the ricotta cheese, mozzarella, red peppers, egg, lemon juice, garlic, oregano, basil salt and pepper. Set aside.

In a large skillet over medium-high, heat the oil.

Add all of the chicken and cook, stirring occasionally, until lightly browned, about 6 to 8 minutes. It does not need to cook through.

Transfer the chicken to the prepared baking pan.

Pour the cheese mixture over the chicken and stir gently to combine.

In a small bowl, mix together the panko and butter. Sprinkle the panko over the chicken.

Bake for 20 to 25 minutes, or until the breadcrumbs are browned and the chicken is cooked through.

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Per Serving (excluding unknown items): 151 Calories; 13g Fat (75.0% calories from fat); 7g Protein; 2g Carbohydrate; trace Dietary Fiber; 62mg Cholesterol; 323mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat.