

Seafood-Spinach Lasagna

Betty Crocker Best-Loved Casseroles

Servings: 12

Preparation Time: 40 minutes

Start to Finish Time: 1 hour 40 minutes

9 lasagna noodles, uncooked
1 tablespoon butter
10 ounces bay scallops, chopped
1 can (6 oz) crabmeat, drained and flaked
6 ounces medium shrimp, cooked and peeled
1 large onion, chopped
3 cloves garlic, finely chopped
8 ounces chives-and-onion cream cheese
1 container (10 oz) refrigerated reduced-fat Alfredo pasta sauce
1/3 cup white wine or chicken broth
1 container (15 oz) ricotta cheese
3 cups Italian cheese blend, shredded and divided
1 box (9 oz) frozen chopped spinach, thawed and drained
1/4 cup fresh basil leaves, chopped
1 egg, lightly beaten

Preheat oven to 350 degrees.

Spray a 13x9-inch baking dish with cooking spray.

Cook and drain the noodles as directed on the package, using minimum cook time.

In a 10-inch skillet, melt the butter over medium heat. Add the scallops; cook and stir for 2 minutes or until white. With a slotted spoon, remove the scallops to a bowl. Add the crab and shrimp to the bowl. Cover and refrigerate.

In the same skillet, cook the onion and garlic for 4 to 6 minutes, stirring occasionally, until softened. Reduce heat to low and stir in the cream cheese. Beat in the Alfredo sauce and wine with a whisk. Remove from heat.

In a medium bowl, stir the ricotta, two cups of the cheese blend, the spinach, basil and egg.

Spread 1/2 cup of the cream cheese sauce in the baking dish. Top with three noodles. Spread 1/2 of the ricotta mixture and 1/3 of the seafood mixture over the noodles, spread with 2/3 cup of the cream cheese sauce.

Top with three noodles, the remaining ricotta mixture, half of the remaining seafood mixture and 2/3 cup of the cream cheese sauce.

Top with remaining noodles, seafood mixture and cream cheese sauce.

Bake, covered, for 40 minutes.

Uncover and sprinkle with remaining one cup of cheese blend.

Bake for 10 minutes longer or until cheese is melted.

Let stand 10 minutes.

Per Serving (excluding unknown items): 346 Calories; 6g Fat (15.0% calories from fat); 21g Protein; 52g Carbohydrate; 3g Dietary Fiber; 69mg Cholesterol; 158mg Sodium. Exchanges: 3 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fat.