

---

# Chicken Lasagna with Roasted Red Bell Pepper Sauce

*The Essential Southern Living Cookbook*

Preparation Time: 20 minutes

Start to Finish Time: 1 hour 30 minutes

**4 cups cooked chicken, finely chopped**

**2 containers (8 ounce ea) chive and onion cream cheese**

**1 package (10 ounce) frozen chopped spinach, thawed and well drained**

**1 teaspoon seasoned pepper**

**1/4 teaspoon garlic salt**

**Roasted Red Bell Pepper Sauce**

**9 no-boil lasagna noodles**

**2 cups (8 ounces) shredded Italian three-cheese blend**

**1 jar (12 ounce) roasted red bell peppers, drained**

**1 jar (16 ounce) creamy Alfredo sauce**

**1 package (3 ounce) shredded Parmesan cheese**

**1/2 teaspoon crushed red pepper**

Make the Roasted Red Bell Pepper Sauce: In a food processor, process the red bell peppers, Alfredo Sauce, Parmesan cheese and crushed red pepper until smooth, stopping to scrape down the sides.

Preheat the oven to 350 degrees.

In a bowl, stir together the chicken, cream cheese, spinach, pepper and salt.

Layer a lightly greased 11 x 7-inch baking dish with one third of the Roasted Red Bell Pepper sauce, three noodles, one-third of the chicken mixture and one-third of the cheese. Repeat the layers twice. Place the baking dish on a baking sheet.

Bake, covered, in the preheated oven until thoroughly heated, 50 to 55 minutes.

Uncover and bake for 15 minutes more.

Yield: 6 to 8 servings

## **Condiments, Sauces, Pasta**

---

*Per Serving (excluding unknown items): 3947 Calories; 40g Fat (9.3% calories from fat); 286g Protein; 592g Carbohydrate; 32g Dietary Fiber; 480mg Cholesterol; 1424mg Sodium. Exchanges: 38 1/2 Grain(Starch); 25 Lean Meat; 3 1/2 Vegetable; 0 Fat; 0 Other Carbohydrates.*