

# Chicken Lasagne

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Silverdale, WA. Chamber Of Commerce Favorite Recipes - 1991

## Servings: 6

*1/2 cup butter  
1/2 cup flour  
1/2 teaspoon salt  
1/2 teaspoon basil  
3 cups chicken broth  
2 1/2 cups cooked chicken,  
cubed  
1 pint cottage cheese  
1 egg, slightly beaten  
8 ounces lasagna noodles,  
cooked  
1 package (10 ounce)  
frozen chopped spinach,  
thawed and well drained  
4 ounces mozzarella  
cheese, thinly sliced  
1/4 cup Parmesan cheese,  
grated*

Preheat the oven to 375 degrees.

Melt the butter in a medium saucepan. Blend in the flour, salt and basil. Stir in the chicken broth. Cook, stirring constantly, until the mixture thickens and comes to a boil. Remove from the heat. Add the chicken.

In a bowl, combine the cottage cheese with the egg. Mix well.

In a greased 13x9-inch baking dish, place 1/3 of the chicken mixture. Layer 1/2 of the noodles, 1/2 of the cottage cheese mixture, 1/2 of the spinach, and all of the mozzarella cheese. Repeat the layers, ending with the last 1/3 of the chicken. Top with the Parmesan cheese.

Bake for 45 minutes.

## NOTE

*Two whole chicken breasts will yield about 1-1/2 to 2 cups of diced, cooked chicken. A 3-1/2 pound chicken will yield about 3 cups of diced, cooked chicken.*

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Per Serving (excluding unknown items): 608 Calories; 28g Fat (41.1% calories from fat); 46g Protein; 43g Carbohydrate; 4g Dietary Fiber; 152mg Cholesterol; 1277mg Sodium. Exchanges: 2 1/2 Grain(Starch); 5 Lean Meat; 1/2 Vegetable; 4 Fat.