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Introduction:

Chicken Alfredo Lasagna is a comforting and satisfying dish that combines the flavors of creamy Alfredo sauce, tender chicken, and nutritious spinach. Perfect for family dinners or special occasions, this lasagna is sure to be a hit with everyone at the table.

Ingredients:

- 1 lb. lasagna noodles □
- 2 cups cooked and shredded chicken □
- 2 jars of Alfredo sauce □
- 1.5 cups shredded mozzarella cheese □
- 1 cup grated Parmesan cheese □
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp Italian seasoning □
- Salt and pepper to taste
- 4 cups fresh spinach, washed and chopped □

Instructions:

Preparation Time: 20 minutes

Cook Time: 50 minutes

Total Time: 1 hour 10 minutes

Yield: 8 servings

1. **Preheat your oven to 375°F (190°C).**
2. **Cook the Lasagna Noodles:**
 - Cook the lasagna noodles according to the package instructions. Drain and set aside.
3. **Prepare the Chicken Alfredo Mixture:**
 - In a large mixing bowl, combine the shredded chicken, Alfredo sauce, garlic powder, onion powder, Italian seasoning, salt, and pepper. Mix well.
4. **Assemble the Lasagna:**

- In a 9×13 inch baking dish, spread a thin layer of the chicken Alfredo mixture.
- Layer lasagna noodles on top of the mixture, then add a layer of chopped spinach.
- Spread a generous amount of the chicken Alfredo mixture over the spinach.
- Sprinkle some mozzarella and Parmesan cheese over the top.
- Repeat this layering process until you run out of ingredients, making sure to end with a layer of the chicken Alfredo mixture and cheese.

5. Bake the Lasagna:

- Cover the dish with foil and bake for 25 minutes.
- Remove the foil and bake for an additional 25 minutes or until the cheese is golden brown and bubbly. □

6. Serve:

- Enjoy your delicious Chicken Alfredo Lasagna!

Notes:

- You can customize this lasagna by adding other vegetables such as sliced mushrooms or bell peppers.
- For a lighter version, use whole wheat lasagna noodles and low-fat Alfredo sauce.
- Leftovers can be stored in the refrigerator for up to 3 days.



Chicken Alfredo Lasagna

Cooking Techniques:

- Make sure to spread the sauce evenly to ensure each layer is flavorful.
- Allow the lasagna to rest for a few minutes before serving to make it easier to slice.

FAQs:

- 1. Can I use pre-cooked rotisserie chicken for this recipe?**
 - Yes, pre-cooked rotisserie chicken works well and saves time in the preparation process.
- 2. Can I use frozen spinach instead of fresh?**
 - Yes, you can use frozen spinach. Make sure to thaw and drain it well before using it in the lasagna.
- 3. Can I freeze the unbaked lasagna for later?**

- Yes, you can assemble the lasagna and freeze it before baking. Just be sure to thaw it completely in the refrigerator before baking.

4. Can I add extra cheese on top of the lasagna?

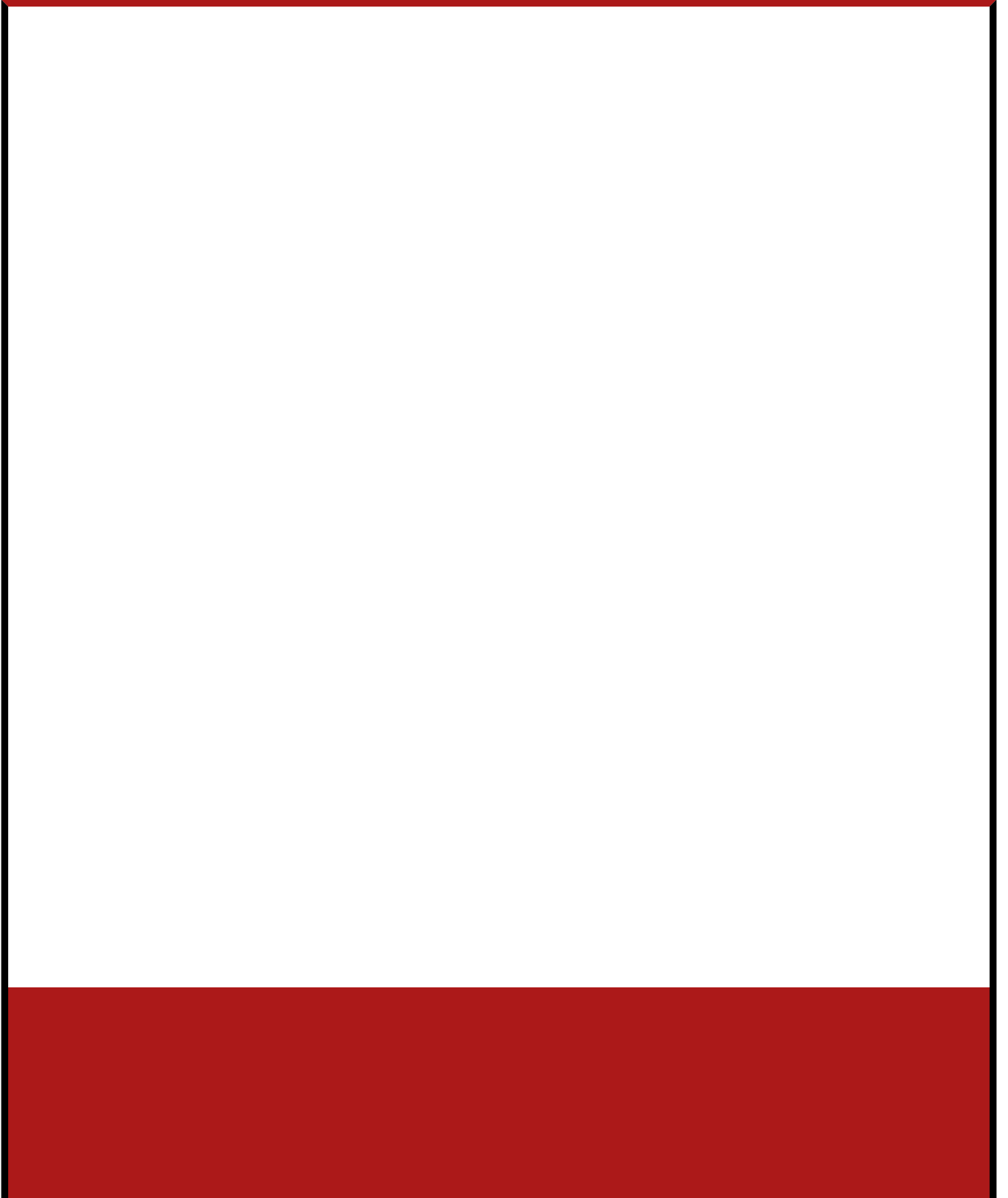
- Absolutely! Feel free to add more cheese if you prefer a cheesier lasagna.

Conclusion:

Chicken Alfredo Lasagna is a comforting and satisfying dish that combines the flavors of creamy Alfredo sauce, tender chicken, and nutritious spinach. Perfect for family dinners or special occasions, this lasagna is sure to be a hit with everyone at the table.

More Recipe Suggestions and Combinations:

- Serve with a side salad and garlic bread for a complete meal.
- Substitute cooked shrimp for the chicken for a seafood twist.
- Add sun-dried tomatoes or roasted red peppers for extra flavor.





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Author: Elowen Thorn

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Ingredients



Scale 1x2x3x

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- 1.5 cups shredded mozzarella cheese
- 1 cup grated Parmesan cheese
- 1 tsp garlic powder
- 1 tsp onion powder

1 tsp Italian seasoning
Salt and pepper to taste
4 cups fresh spinach, washed and chopped

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Serve:

Enjoy your delicious Chicken Alfredo Lasagna!

Notes

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