

# Chicken and Spinach Lasagna

Makes 8 Servings

**Ingredients:**

- 3 boneless, skinless chicken breasts
- 1/4 tsp black pepper
- 1/2 cup Parmesan cheese low sodium
- 1/3 cup onion chopped
- 8 oz sour cream fat free
- 1 cup 1% Milk
- 10 oz frozen spinach thawed and drained
- 2 10.75 oz cans cream of chicken soup reduced sodium
- 16 oz whole wheat pasta noodles parboiled
- 1 cup shredded mozzarella cheese fat free

**Directions:**

1. Preheat oven to 350; spray a 9X12 inch baking pan with cooking spray.
2. Poach chicken breasts in water until done. Drain and cut into bit size pieces and place in a large mixing bowl.
3. Add parmesan cheese, onion, sour cream, milk, spinach, pepper and cream of chicken soup to the chicken and mix well.
4. Place 3 parboiled noodles in the bottom of the pan. Spoon 1/3 of the chicken mixture on top. Sprinkle with 1/3 of mozzarella cheese. Repeat layers.
5. Bake for 30 to 40 minutes or until mixture begins to bubble. Let rest 10 minutes before cutting.

## Nutrition Facts

8 servings per container	
<b>Serving size</b>	<b>(297g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>400</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 50mg	<b>17%</b>
<b>Sodium</b> 460mg	<b>20%</b>
<b>Total Carbohydrate</b> 57g	<b>21%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 30g	
Vitamin D 0mcg	<b>0%</b>
<b>Calcium</b> 336mg	<b>25%</b>
<b>Iron</b> 3mg	<b>15%</b>
<b>Potassium</b> 775mg	<b>15%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Family Conversation Starter:

Finish this sentence: "Someday, I'm going to be the first person in the world to..."

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