

CHICKEN LASAGNA

by chef peter alfaró — Bon Appétit !

SAUCE

6 fresh lasagna pasta sheets
½ cups canola oil
1 onion, chopped
2 clove garlic, minced
½ cups all-purpose flour
2 cups chicken stock
2 cups manufacturing cream
2 cups shredded mozzarella cheese
Salt and pepper to taste

CHICKEN AND CHEESE MIXTURE

2 cups shredded mozzarella cheese
1 cup grated parmesan cheese, set aside
1/4 cup for topping/garnish
2 teaspoon each, dried basil and oregano
½ teaspoons ground pepper
3 cups ricotta cheese
2 cups dice chicken breast cooked
6 cups of spinach blanched or lightly
sautéed
Fresh parsley for garnish

PREPARATION INSTRUCTIONS

Preheat oven to 350°F.

Using a large saucepan add canola oil over medium heat. Cook the onion and garlic until tender, stirring frequently. Stir in flour and salt simmer until bubbly. Mix in chicken stock and heavy cream, and boil, stirring constantly, for 1 minute. Stir in 2 cups of mozzarella cheese and 1/2 cup Parmesan add salt and pepper to taste. Remove from heat and set aside.

In a separate bowl combine 2 cups mozzarella, parmesan, ricotta, dried basil, oregano, black pepper, chicken, and spinach mix till all combine and set side

Spread 1/3 of the sauce mixture on the bottom of the 9×13 inch baking dish layer 2 lasagna sheets and top with 1/3 chicken cheese mixture. Add two more lasagna sheets and repeat steps creating total of two layers Arrange 1/3 of the noodles over the chicken and layer with 1/4 of the sauce mixture, the spinach, and the remaining 2 cups of mozzarella cheese and 1/2 cup Parmesan cheese.

Finish by adding last two sheets of pasta over cheese and spread remaining sauce evenly over. Sprinkle with parsley and additional 1/4 cup Parmesan cheese.

Bake for 35 to 40 minutes in the preheated oven. Let stand 5 minutes before cutting and serving