

WHITE CHICKEN ARTICHOKE LASAGNA



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Ingredients

Yields: 8-10

- 2 c shredded cooked lean chicken breasts
- 1 can (14 oz.) artichoke hearts, drained, chopped
- 1 pkg. (8 oz.) 2% shredded mozzarella cheese with a touch of cream cheese, divided
- 1/2 c low-fat grated parmesan cheese
- 1/2 c chopped drained oil-packed sun-dried tomatoes
- 2 pkg. (8 oz. each) low fat cream cheese, softened
- 1 c unsweetened plain almond milk
- 1/2 tsp. garlic powder
- 1/4 c tightly packed fresh basil, chopped, divided
- 12 whole wheat lasagna noodles, cooked

Directions

1. Heat oven to 350°F.
2. Combine chicken, artichokes, 1 cup mozzarella, parmesan cheese and tomatoes. Beat cream cheese, milk and garlic powder with mixer until well blended; stir in 2 tbsp basil. Mix half with the chicken mixture.
3. Spread half the remaining cream cheese mixture onto bottom of 13x9-inch baking dish; cover with 3 noodles and 1/3 of the chicken mixture. Repeat layers of noodles and chicken mixture twice.
4. Top with remaining noodles, cream cheese mixture and mozzarella; cover. Bake 25 minutes or until heated through. Sprinkle with remaining basil. Let stand 5 minutes before cutting to serve.

Nutritional Information

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
1/10 th	281	12 g	15 g	26 g	423 mg

Carbohydrate Exchanges: 2