

# Chicken, Spinach, and Mushroom Lasagna

## Ingredients

3 cups unsalted chicken stock (such as Swanson)  
1 1/2 pounds skinless, boneless chicken thighs, trimmed  
2 1/2 tablespoons olive oil  
1 1/2 cups chopped onion  
3 tablespoons minced garlic  
1 1/2 teaspoons kosher salt, divided  
1/2 teaspoon chopped fresh thyme  
1/2 teaspoon crushed red pepper  
10 ounce sliced cremini mushrooms  
3 (6-ounce) packages fresh spinach  
Cooking spray  
1 1/2 cups 2% reduced-fat milk  
1/2 cup all-purpose flour  
1/4 teaspoon ground nutmeg  
2 ounces Parmigiano-Reggiano cheese, grated (about 1/2 cup)  
12 no-boil lasagna noodles  
5 ounces part-skim mozzarella cheese, shredded (about 1 1/4 cups)

## Preparation

1. Bring stock to a boil in a large saucepan over medium-high heat. Add chicken; reduce heat, and simmer 18 to 20 minutes or until chicken is done. Remove chicken from pan; reserve stock. When cool enough to handle, shred with 2 forks.

2. Heat a large skillet over medium-high heat. Add oil; swirl to coat. Add onion, garlic, 1/2 teaspoon salt, thyme, pepper, and mushrooms; sauté 8 minutes. Stir in spinach, 1 package at a time, cooking 2 minutes after each addition or until spinach wilts before adding more. Remove pan from heat; stir in chicken.

4. Coat 2 (8-inch) square baking dishes with cooking spray. Combine milk, flour, and nutmeg, stirring with a whisk until smooth. Bring reserved stock to a boil over medium-high heat. Gradually add milk mixture to stock mixture, stirring constantly with a whisk. Stir in remaining 1 teaspoon salt. Cook 5 minutes or until thickened, stirring occasionally. Remove pan from heat; stir in Parmigiano-Reggiano. Pour 1/2 cup sauce into bottom of each baking dish. Top each with 2 noodles, 1 cup chicken mixture, 1 cup sauce, and 1/4 cup mozzarella, making sure noodles are covered with sauce. Repeat layers once with noodles, chicken mixture, and sauce. Top dishes evenly with remaining 4 noodles, remaining sauce, and remaining 3/4 cup mozzarella.

5. Cover dishes tightly with foil coated with cooking spray. Bake at 375° for 25 minutes. Uncover and bake at 375° for 10 to 15 minutes or until browned and bubbly, or follow freezing instructions. Let stand 5 minutes before serving.

How-to Freeze: Cool pan completely. Cover with foil; freeze up to 2 months. Thaw: In metal pan: Thaw overnight in refrigerator. In glass or ceramic: Uncover and microwave at HIGH 15 minutes or until thawed. Reheat: Cover; bake at 375° for 25 minutes. Uncover and bake 5 minutes.

## **Nutritional Information**

Calories 286

Fat 10.2 g

Satfat 3.5 g

Protein 23 g

Carbohydrate 25 g

Fiber 2 g

Sugars 4 g