

# Insanely Good Chicken Lasagna

Yield: 7 min  
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/lasagna-chicken-spinach-italian-recipe>

## Ingredients:

- 2 tablespoons olive oil
- 4 ounces cremini mushrooms stems removed and chopped
- 1/2 cup diced yellow onion
- 4 cloves garlic minced
- 1 1/2 teaspoons italian seasoning
- 1 teaspoon garlic powder
- 1 teaspoon sea salt kosher
- 1/2 teaspoon ground black pepper
- 2 cups spinach roughly chopped
- 4 ounces cream cheese 1/2 a block original
- 2/3 cup part skim ricotta cheese
- 2 cups grated mozzarella cheese
- 1/4 cup Parmesan cheese
- 2 cups chicken shredded, rotisserie works great
- 9 no boil lasagna noodles uncooked
- 26 ounces pasta sauce

## Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 95 milligrams
4. Fat: 24 grams
5. Fiber: 4 grams
6. Protein: 28 grams
7. SaturatedFat: 11 grams
8. Sodium: 1170 milligrams
9. Sugar: 11 grams

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