

Garlic Parmesan Chicken Lasagna Bake

Yield: 10 min
Total Time: 75 min

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

Ingredients:

- 15 no boil lasagna noodles
- 3 cups chicken cooked, shredded, use rotisserie chicken for lots of yummy flavor
- 12 ounces frozen peas
- 1/2 cup Parmesan cheese
- 1/2 cup swiss cheese
- 1 cup water
- 1/4 cup seasoned breadcrumbs
- fresh herbs for topping
- 6 tablespoons butter
- 1 1/2 tablespoons minced garlic
- 6 tablespoons flour
- 1/2 teaspoon poultry seasoning
- 3/4 teaspoon salt
- 5 cups milk

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 80 milligrams
4. Fat: 15 grams
5. Fiber: 2 grams
6. Protein: 25 grams
7. SaturatedFat: 8 grams
8. Sodium: 510 milligrams
9. Sugar: 9 grams

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