



Chicken-Ham Lasagna

READY IN



45 min.

SERVINGS



8

CALORIES



389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 8 ounces deli honey ham fat-free 96% divided thinly sliced chopped
- ☐ 2 cups fat-skimmed beef broth fat-free
- ☐ 1.5 ounces flour all-purpose
- ☐ 0.3 cup parsley fresh chopped
- ☐ 8 ounces lasagne pasta sheets divided
- ☐ 3 cups milk 1% low-fat
- ☐ 6 ounces parmesan cheese divided freshly grated
- ☐ 1 pound chicken breast boneless skinless divided cut into bite-sized pieces,

Equipment

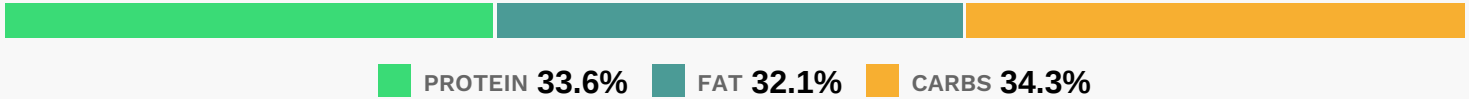
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 350
- ☐ Place broth and 1/4 teaspoon pepper in a large skillet over medium-high heat, and bring to a boil.
- ☐ Add chicken; cover, reduce heat, and simmer 10 minutes or until chicken is done.
- ☐ Remove chicken from pan with a slotted spoon; set aside.
- ☐ Combine milk, flour, and remaining 1/4 teaspoon pepper in a bowl; stir well with a whisk until smooth.
- ☐ Add milk mixture to broth in pan. Bring mixture to a boil over medium-high heat, stirring constantly. Cook 1 minute or until mixture thickens, stirring constantly.
- ☐ Remove from heat.
- ☐ Add 1 cup cheese and parsley, stirring until cheese melts.
- ☐ Spread 1 cup sauce over bottom of a 13 x 9-inch baking dish coated with cooking spray. Arrange 3 lasagna noodles over sauce. Spoon 3/4 cup sauce evenly over noodles. Top evenly with one-third ham and one-third chicken. Repeat layers twice, ending with noodles. Top with remaining sauce.
- ☐ Sprinkle evenly with remaining 1/2 cup cheese.
- ☐ Cover with foil very lightly coated with cooking spray; bake at 350 for 30 minutes.
- ☐ Remove and discard foil; bake 10 minutes or until the cheese lightly browns.
- ☐ Sprinkle with parsley, if desired.

- ☐ Wine note: With a cue from the dish's overall unfussy character, the ideal wine needs to be inexpensive and uncomplicated. One of my favorite "comfort wines" to go with a comfort food like this is Australian shiraz. Annie's Lane Shiraz 2002 from Australia's Clare Valley (\$1
- ☐ is a simple blast of berriness with a soft texture. –Karen MacNeil

Nutrition Facts



Properties

Glycemic Index:22.63, Glycemic Load:11.48, Inflammation Score:-6, Nutrition Score:20.046086736347%

Flavonoids

Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 388.88kcal (19.44%), Fat: 13.61g (20.94%), Saturated Fat: 5.91g (36.91%), Carbohydrates: 32.73g (10.91%), Net Carbohydrates: 31.59g (11.49%), Sugar: 5.28g (5.86%), Cholesterol: 76.79mg (25.6%), Sodium: 1043.87mg (45.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.06g (64.12%), Selenium: 54.85µg (78.36%), Phosphorus: 472.54mg (47.25%), Vitamin B3: 8.43mg (42.17%), Vitamin B6: 0.66mg (32.77%), Calcium: 316.45mg (31.64%), Vitamin K: 31.56µg (30.06%), Vitamin B1: 0.34mg (22.39%), Vitamin B2: 0.37mg (21.99%), Vitamin B12: 1.24µg (20.59%), Zinc: 2.76mg (18.38%), Manganese: 0.35mg (17.73%), Potassium: 568.68mg (16.25%), Vitamin B5: 1.55mg (15.49%), Magnesium: 56.1mg (14.03%), Vitamin A: 533.02IU (10.66%), Vitamin D: 1.34µg (8.9%), Copper: 0.15mg (7.65%), Iron: 1.38mg (7.64%), Folate: 24.43µg (6.11%), Fiber: 1.14g (4.58%), Vitamin C: 3.17mg (3.85%), Vitamin E: 0.39mg (2.57%)