



## Chicken-Ham Lasagna

READY IN



45 min.

SERVINGS



8

CALORIES



383 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

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

## Equipment

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

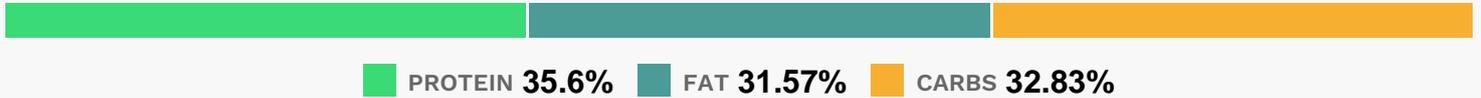
## Directions

- 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:26, Glycemic Load:11.66, Inflammation Score:0, Nutrition Score:20.069564995558%

### 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: 382.71kcal (19.14%), Fat: 13.15g (20.23%), Saturated Fat: 6.1g (38.12%), Carbohydrates: 30.78g (10.26%), Net Carbohydrates: 29.64g (10.78%), Sugar: 5.43g (6.04%), Cholesterol: 72.75mg (24.25%), Sodium: 1012.4mg (44.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.37g (66.73%), Selenium: 52.2µg (74.57%), Phosphorus: 485.3mg (48.53%), Vitamin B3: 8.47mg (42.37%), Calcium: 380.24mg (38.02%), Vitamin B6: 0.66mg (32.87%), Vitamin K: 31.56µg (30.06%), Vitamin B1: 0.34mg (22.56%), Vitamin B2: 0.37mg (21.83%), Vitamin B12: 1.2µg (20.06%), Manganese: 0.34mg (17.04%), Zinc: 2.42mg (16.14%), Vitamin B5: 1.58mg (15.76%), Potassium: 549.12mg (15.69%), Magnesium: 58.02mg (14.5%), Vitamin A: 515.16IU (10.3%), Vitamin D: 1.34µg (8.9%), Iron: 1.45mg (8.08%), Copper: 0.15mg (7.57%), Folate: 24.65µg (6.16%), Fiber: 1.14g (4.58%), Vitamin C: 3.17mg (3.85%), Vitamin E: 0.32mg (2.16%)