



WHATSheATE



Four Cheese-Chicken Lasagna

READY IN



180 min.

SERVINGS



8

CALORIES



1024 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounces asiago cheese grated
- ☐ 3 bay leaves
- ☐ 28 ounce canned tomatoes whole crushed canned
- ☐ 0.5 cup cooking wine dry white
- ☐ 2 large eggs lightly beaten
- ☐ 1 pound mozzarella cheese fresh grated
- ☐ 0.3 cup parsley fresh roughly chopped
- ☐ 4 cloves garlic chopped
- ☐ 2 bunches kale finely chopped preferably Tuscan kale

- ☐ 8 servings kosher salt
- ☐ 8 servings kosher salt and pepper freshly ground
- ☐ 1 pound lasagna noodles not no-boil
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 8 servings olive oil extra-virgin for drizzling
- ☐ 1 small onion chopped
- ☐ 3 ounces parmesan cheese grated
- ☐ 30 ounce part-skim ricotta cheese
- ☐ 8 servings pepper freshly ground
- ☐ 1.5 pounds chicken thighs boneless skinless
- ☐ 3 tablespoons tomato paste

Equipment

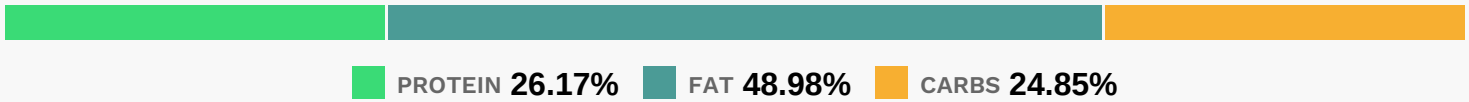
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ plastic wrap
- ☐ baking pan
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Heat the olive oil in a large skillet over medium heat; add the chicken and cook until browned, turning, 5 minutes.
- ☐ Add the onion, garlic and tomato paste and cook, stirring, until the onion softens, about 5 minutes.

- ☐ Add the wine and cook until mostly evaporated, about 5 minutes. Stir in 3 cups water, the tomatoes, bay leaves, parsley, 1 teaspoon salt and 1/4 teaspoon pepper; bring to a boil.Reduce the heat to medium low and simmer 50 minutes. Break up the chicken with a spoon. Cook until thickened, 20 more minutes.
- ☐ Remove the bay leaves.
- ☐ Prepare the lasagna: Preheat the oven to 350 degrees F. Bring a large pot of salted water to a boil.
- ☐ Add the noodles and cook as the label directs.
- ☐ Drain the noodles and drizzle with olive oil; set aside.
- ☐ Meanwhile, place the kale in a large microwave-safe bowl; add 1/2 cup water and a pinch of salt. Cover with plastic wrap and microwave until tender, 5 minutes.
- ☐ Drain and rinse under cold water; squeeze dry, then return to the bowl. Stir in the eggs, ricotta, half of the parmesan and the parsley.
- ☐ Add 1/2 teaspoon salt and a few grinds of pepper. Toss the mozzarella, asiago and the remaining parmesan in a separate bowl.
- ☐ Spread 3/4 cup of the sauce in a 9-by-13-inch baking dish. Top with one-third of the noodles, overlapping them slightly. Cover with half of the kale mixture, then 2 more cups sauce.
- ☐ Sprinkle with one-third of the mozzarella mixture. Repeat the layers (noodles, kale mixture, sauce, mozzarella mixture). Top with a final layer of noodles, the remaining sauce and the remaining mozzarella mixture. Set on a baking sheet.
- ☐ Loosely cover with foil and bake 40 minutes, then uncover and bake until golden and bubbly, about 25 more minutes.
- ☐ Let stand 30 minutes before serving.
- ☐ Photograph by Con Poulos

Nutrition Facts



Properties

Glycemic Index:43.38, Glycemic Load:20.48, Inflammation Score:-10, Nutrition Score:46.573912890061%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 4.06mg, Apigenin: 4.06mg, Apigenin: 4.06mg, Apigenin: 4.06mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 8.11mg, Isorhamnetin: 8.11mg, Isorhamnetin: 8.11mg, Isorhamnetin: 8.11mg Kaempferol: 15.3mg, Kaempferol: 15.3mg, Kaempferol: 15.3mg, Kaempferol: 15.3mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 9.15mg, Quercetin: 9.15mg, Quercetin: 9.15mg, Quercetin: 9.15mg

Nutrients (% of daily need)

Calories: 1023.95kcal (51.2%), Fat: 55.25g (85%), Saturated Fat: 22.95g (143.42%), Carbohydrates: 63.08g (21.03%), Net Carbohydrates: 57.53g (20.92%), Sugar: 8.61g (9.57%), Cholesterol: 233.57mg (77.86%), Sodium: 1811.4mg (78.76%), Alcohol: 1.54g (100%), Alcohol %: 0.36% (100%), Protein: 66.42g (132.83%), Vitamin K: 179.53µg (170.98%), Selenium: 97.87µg (139.82%), Calcium: 1159.98mg (116%), Phosphorus: 1013.79mg (101.38%), Vitamin A: 4905.5IU (98.11%), Vitamin C: 44.42mg (53.85%), Vitamin B2: 0.91mg (53.62%), Manganese: 1.07mg (53.35%), Zinc: 7.08mg (47.2%), Vitamin B12: 2.74µg (45.67%), Vitamin B6: 0.81mg (40.28%), Vitamin B3: 7.79mg (38.97%), Magnesium: 131.6mg (32.9%), Vitamin E: 4.9mg (32.64%), Potassium: 1079.95mg (30.86%), Iron: 4.95mg (27.5%), Copper: 0.51mg (25.5%), Vitamin B5: 2.31mg (23.06%), Fiber: 5.56g (22.22%), Vitamin B1: 0.31mg (20.67%), Folate: 78.46µg (19.61%), Vitamin D: 0.78µg (5.19%)