



Skillet Chicken Lasagna

READY IN



30 min.

SERVINGS



8

CALORIES



369 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 servings basil for serving
- 12 basil whole chopped
- 12 ounces farfalle pasta cooked drained
- 2 cloves garlic minced
- 1 Tablespoon herbs de provence italian
- 1 cup chicken broth low sodium
- 1 jar tomatoes good
- 1 cup mozzarella cheese grated
- 2 Tablespoons olive oil

- 1 onion diced whole
- 0.3 cup parmesan grated
- 1 teaspoon pepper red
- 8 servings salt to taste
- 0.5 cup ricotta cheese whole
- 2 chicken breast diced whole boneless skinless sliced

Equipment

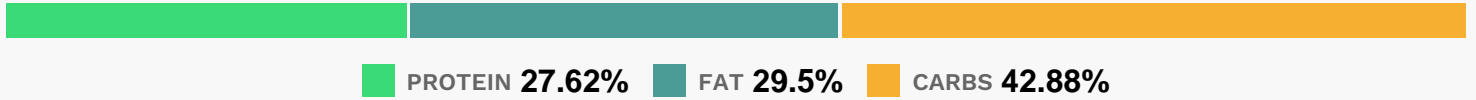
- frying pan

Directions

- Heat the oil in a large skillet over medium-high heat. Season chicken with salt and herbs.
- Add chicken to the skillet and cook until golden brown.
- Remove the chicken to a plate.
- Add onions and garlic to the same skillet and cook, stirring, for 3 minutes.
- Add broth, then scrape the bottom of the skillet to loosen the bits. Cook for another 2-3 minutes to let the broth reduce.
- Add marinara sauce and red pepper flakes, then simmer for 10 minutes. Turn off the heat and add the cooked and drained pasta, ricotta, mozzarella, Parmesan, and basil.
- Add the cooked chicken on top. Toss to combine, then add more of any of the above ingredients until the sauce is just how you like it.
- Serve with a sprinkling of Parmesan and a little basil on top. I am a "make it and taste it as I go" cook. I made this in a hurry tonight, and was amazed at the results; my girls could NOT get enough of it. (I love that kind of response, don't get it as often as I wish.) Fry ground chuck in small pan. Meanwhile, cook noodles according to package directions. After noodles are cooked, drain and drizzle with olive oil.
- Mix in your spaghetti sauce. (I can't guarantee your results on this, because I'm spoiled; I am a "home canner" and have the BEST sauce on my shelf, a home canned marinara sauce that I use for lots of stuff—pizza, spaghetti, and of course, THIS.)
- Add your fried hamburger, seasonings, cheese, and sour cream. Fold together and allow it all to combine and melt together, over low heat, for about 5 minutes, or until cheese is melted.

Serve to your family and be prepared to have it disappear before your very eyes.

Nutrition Facts



Properties

Glycemic Index:45.63, Glycemic Load:14.83, Inflammation Score:-7, Nutrition Score:18.687391446984%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 368.76kcal (18.44%), Fat: 12.09g (18.6%), Saturated Fat: 4.68g (29.22%), Carbohydrates: 39.54g (13.18%), Net Carbohydrates: 36.35g (13.22%), Sugar: 5.04g (5.6%), Cholesterol: 57.25mg (19.08%), Sodium: 829.72mg (36.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.48g (50.95%), Selenium: 51.05µg (72.93%), Vitamin B3: 8mg (40%), Phosphorus: 334.9mg (33.49%), Vitamin B6: 0.62mg (31.12%), Manganese: 0.6mg (29.97%), Vitamin K: 24.88µg (23.7%), Potassium: 651.26mg (18.61%), Calcium: 184.17mg (18.42%), Vitamin A: 803.64IU (16.07%), Magnesium: 60.86mg (15.21%), Iron: 2.59mg (14.4%), Copper: 0.28mg (14.07%), Vitamin B2: 0.24mg (13.95%), Vitamin E: 2.09mg (13.93%), Vitamin B5: 1.35mg (13.47%), Fiber: 3.2g (12.8%), Zinc: 1.91mg (12.76%), Vitamin C: 8.6mg (10.42%), Vitamin B12: 0.55µg (9.2%), Vitamin B1: 0.11mg (7.61%), Folate: 26.47µg (6.62%), Vitamin D: 0.16µg (1.06%)