

White Chicken Spinach Lasagna

Ingredients

Sauce

1/4 cup butter
1 medium onion chopped
2 cloves garlic minced
6 Tablespoons all-purpose flour
2 cups chicken broth
1 1/2 cups milk
1 teaspoon dried basil
1 teaspoon dried oregano
1 teaspoon salt
1/2 teaspoon black pepper
1/2 teaspoon crushed red pepper flakes
1/2 teaspoon fennel seed

Lasagna

9 whole lasagna noodles cooked according to package directions
2 Tablespoons olive oil divided
1 pound ground chicken
16 ounces crimini mushrooms minced
4 cups mozzarella cheese shredded
2 cups ricotta cheese
16 ounces baby spinach
1 1/2 cups grated Parmesan cheese
Parsley chopped for sprinkling on top (optional)

Method

Sauce

In a large saucepan, melt the butter over medium heat. Add the chopped onion and garlic, and cook until softened, about 3-4 minutes. Sprinkle the flour over the softened onions, then stir to combine, cooking for another 1-2 minutes.

Whisk the chicken broth and milk into the onion and flour mixture, then stir constantly until the sauce simmers and thickens, about 4-5 minutes. Stir in the basil, oregano, salt, pepper, red pepper flakes, and fennel seed, then remove from heat.

Lasagna

Bring a large pot of salted water to a boil, then cook the lasagna noodles according to package directions. Drain and lay out in a single layer on a baking sheet sprayed with cooking spray so they don't stick.

In the same pot, add 1 tablespoon of the olive oil and heat over medium-high heat. Add the spinach and cook for 3-4 minutes until wilted. Drain in a colander, squeezing out as much excess water as possible.

In a large pan, heat the remaining tablespoon of olive oil over medium-high heat, then combine the ground chicken and mushrooms and brown together until the chicken is cooked through. Drain off any liquid.

To assemble, spread 1/4 of the sauce on the bottom of a large 9×13-inch baking dish. Lay 3 of the cooked lasagna noodles on top. Layer on 1/2 of the chicken & mushroom mixture, then spread 1/2 of the wilted spinach on top. Dollop with half of the ricotta cheese, then spread with another 1/4 of the sauce. Sprinkle with 1/3 of the mozzarella and Parmesan cheeses.

Repeat layers by first arranging 3 more of the lasagna noodles over the first layer, then topping with the remaining chicken & mushroom mixture, spinach, ricotta cheese, and another 1/4 of the sauce and 1/3 of the mozzarella and Parmesan cheeses.

Finish the lasagna by arranging the last three noodles on top, then spread with the remaining sauce and sprinkle with the last of the mozzarella and Parmesan cheese.

Bake at 350 degrees F. for 35 to 40 minutes until hot and bubbly, finishing under the broiler just to add a little color to the top, but being careful not to burn the cheese. Let the lasagna stand for at least 5-10 minutes before slicing and serving. Sprinkle with freshly chopped parsley, if desired.

