

Treasure Barrel

Chicken Lasagna Rolls: A Family Favorite Recipe

30 min Prep time	**35 min** Cook time	**1 h 5 min** Total time
6 Servings	**Medium** Difficulty	**Italian** Cuisine

Ingredients

For the Rolls

- [ ] 9 lasagna noodles (no-boil or traditional)
- [ ] 2 cups cooked chicken, shredded
- [ ] 1 (15 oz) container whole milk ricotta cheese
- [ ] 1 large egg, lightly beaten
- [ ] 1 (10 oz) package frozen chopped spinach, thawed and squeezed very dry
- [ ] 1 cup shredded mozzarella cheese, divided
- [ ] 1/2 cup grated Parmesan cheese
- [ ] 1 clove garlic, minced
- [ ] 1 teaspoon dried Italian seasoning
- [ ] 1/2 teaspoon salt
- [ ] 1/4 teaspoon black pepper

For the Sauce and Topping

- [ ] 1 (24 oz) jar marinara sauce
- [ ] 1/2 cup shredded mozzarella cheese (for topping)
- [ ] 2 tablespoons chopped fresh basil or parsley for garnish (optional)

Instructions

1. Preheat your oven to 375°F (190°C). If using traditional lasagna noodles, cook them according to package directions until al dente. Drain and lay them flat in a single layer on a clean kitchen towel or parchment paper to prevent sticking.
2. In a large bowl, combine the shredded chicken, ricotta, egg, spinach, 1 cup of mozzarella, Parmesan, garlic, Italian seasoning, salt, and pepper. Mix gently until everything is well incorporated.
3. Spread about 1/2 cup of marinara sauce on the bottom of a 9x13 inch baking dish. Take one lasagna noodle and spread a heaping 1/4 cup of the chicken mixture evenly along its length, leaving about an inch at one end.
4. Starting from the filled end, carefully roll the noodle up tightly. Place it seam-side down in the prepared baking dish. Repeat with the remaining noodles and filling.
5. Pour the remaining marinara sauce over the top of the rolls, covering them evenly. Sprinkle the remaining 1/2 cup of mozzarella cheese over the sauce.
6. Cover the dish with foil and bake for 25 minutes. Then, remove the foil and bake for another 10-12 minutes, or until the cheese is melted and bubbly. For a golden top, you can broil for the last 1-2 minutes, watching closely.

7 Let the rolls rest in the pan for about 5-10 minutes before serving. This allows them to set, making them easier to serve. Garnish with fresh basil or parsley if desired.

Nutrition per serving

420 kcal	28 g	35 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- You can assemble the rolls up to a day ahead. Cover and refrigerate, then bake as directed, adding a few extra minutes if baking from cold.
- Leftovers will keep in the refrigerator for 3-4 days. Reheat gently in the microwave or a 350°F oven until warmed through.
- For a crispier top, use a mix of mozzarella and a little extra Parmesan for the final topping.