


Treasure Barrel

# Easy Chicken Lasagna Loaded With Flavor

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| **20 min**<br>Prep time | **45 min**<br>Cook time | **1 h 5 min**<br>Total time |
| **4**<br>Servings | **Easy**<br>Difficulty | **Italian**<br>Cuisine |

## Ingredients

### Main Ingredients

- [ ] 1 lb boneless skinless chicken breast, diced
- [ ] 9 no-boil lasagna noodles
- [ ] 2 cups marinara tomato sauce
- [ ] 1 cup ricotta cheese
- [ ] 1 egg, lightly beaten
- [ ] 2 cups shredded mozzarella cheese
- [ ] 1/2 cup grated Parmesan cheese
- [ ] 2 cloves garlic, minced
- [ ] 1 small onion, finely chopped
- [ ] 2 tbsp olive oil
- [ ] 1 tsp dried basil
- [ ] 1 tsp dried oregano
- [ ] Salt and pepper to taste

## Instructions

1. Heat olive oil in a large skillet over medium heat. Add onion and garlic, sauté until fragrant and translucent, about 3 minutes.
2. Add diced chicken, season with salt, pepper, basil, and oregano. Cook until chicken is no longer pink, about 5-6 minutes. Stir in marinara sauce and let simmer for 8 minutes.
3. In a bowl, combine ricotta, beaten egg, a pinch of salt, and half of the Parmesan. Mix gently.
4. Preheat oven to 375°F (190°C). In a 9×13 inch baking dish, spread a thin layer of sauce, place three noodles, dollop ricotta mixture, sprinkle mozzarella, then more sauce. Repeat layers, ending with sauce and remaining mozzarella and Parmesan on top.
5. Cover dish with foil and bake 25 minutes. Remove foil, bake another 15-20 minutes until cheese is golden and bubbly. Let rest 10 minutes before serving.

### Nutrition per serving

| 420 kcal | 32 g | 35 g | 18 g |
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| Calories | Protein | Carbs | Fat |

### Tips & notes

- If using regular lasagna noodles, cook them al dente and rinse with cold water to stop cooking.
- Feel free to add a handful of fresh spinach between layers for extra nutrition.
- For a richer flavor, stir a splash of red wine into the sauce while it simmers (optional).