

Creamy Chicken Lasagna

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Serves 9

Blue – 6 points

Purple – 4 points

Green – 7 points

- 8 oz whole wheat lasagna noodles
- 2 cans Healthy Request Cream of Chicken Soup OR 2 recipes of homemade cream of chicken soup mix – recipe linked below
- 8 oz canned mushrooms OR 8 oz fresh mushrooms, sauteed
- 2 oz freshly grated parmesan cheese
- 1/2 cup light sour cream
- 1/2 cup non fat greek yogurt
- 3 cups cooked, diced chicken breast
- 4 oz part skim mozzarella, shredded

1. Cook lasagna noodles according to package directions. Drain
2. In a mixing bowl, blend together soup (see homemade mix recipe [here:](https://joanspointedplate.com/cream-of-whatever-soup-mix/) <https://joanspointedplate.com/cream-of-whatever-soup-mix/>), mushrooms, parmesan cheese, sour cream and yogurt. Stir in chicken

3. Put 1/4 of the chicken mixture into a greased 9×13 baking dish. Top with cooked noodles.
4. Spoon in 1/2 of the remaining chicken mixture. Sprinkle with a third of the mozzarella. Repeat process to add another layer. Sprinkle with remaining mozzarella.
5. Bake, covered at 350 for 25 minutes. Remove cover and bake an additional 15 minutes.

Main Course
pasta