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| |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | | Chef hat manFreeze-Ahead Chicken and Artichoke Lasagna  Using meat from a rotisserie chicken makes this hearty lasagna quick to assemble. Serves 8 Ingredients:  |  |  | | --- | --- | | * 1 rotisserie chicken | * 1 (28-ounce jar tomato sauce | | * 1 (14 ounce can artichoke hearts in water, drained and chopped | * 8 ounces no-boil lasagna noodles (half a box) | | * 1 (15 ounce) container (2 cups) ricotta cheese * 1 large egg | * 1 (12 ounce) bag shredded mozzarella * ½ cup shredded Parmigiano-Reggiano cheese | | * ½ teaspoon salt |  |  Directions: Remove wings and drumsticks from chicken and set aside for another use, such as lunch. Discard skin; pull meat from breast and thighs and chop it. Combine in a bowl with chopped artichokes. In another bowl, stir together ricotta, egg and salt.  In a 9 x 13-inch baking dish, pour a thin layer of tomato sauce and top with a layer of noodles. Cover with half the ricotta and sprinkle with some mozzarella. Top with another layer of noodles, a thin layer of sauce and the chicken-artichoke mixture. Layer noodles, more sauce and remaining ricotta on top, and sprinkle with cheese. Put a final layer of noodles on top, spread with remaining sauce, and sprinkle with remaining mozzarella and Parmesan. Cover with plastic wrap, seal tightly with foil, and freeze up to 2 months.  To bake, remove foil, discard plastic and re-cover with foil. Bake at 400°F until bubbling, 60 to 75 minutes. Remove foil, raise heat to 450°F and bake until browned, about 10 minutes more. Let cool 10 to 15 minutes before slicing and serving. Nutritional Info: Per Serving: 430 calories (140 from fat), 16g total fat, 9g saturated fat, 150mg cholesterol, 1420mg sodium, 36g carbohydrate (4g dietary fiber, 6g sugar), 36g protein Source: Whole Foods Market <http://www.wholefoodsmarket.com/print/recipe/freeze-ahead-chicken-and-artichoke-lasagna?css=recipe_no_image> (accessed Saturday, January 21, 2015) | |
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