

Chicken Lasagna

1 whole Chicken, cooked and shredded (16 oz. of cooked chicken, approximately)
1 can 98% fat-free cream of mushroom or chicken soup
1 (16 oz) pkg Shredded 2% Cheddar or Mozzarella Cheese (fat-free for Core)
1 pkg of fat-free cream cheese
1 (16 oz) container fat-free cottage cheese
1 cup fat-free milk
1 onion diced
1 box brown rice lasagna noodles (Trader Joe's)
Olive Oil, Salt & Pepper to taste
Reduced-fat Parmesan cheese to taste

Cook chicken and remove fat and bones, shred and set aside. Preheat oven to 375 degrees. Boil the noodles according to box directions, rinse w/cool water for handling. (These noodles are very fragile!) Maybe undercook slightly.

Cook onions in olive oil until translucent. Add cream cheese in pieces, cottage cheese, and soup. Cook until melted, then gradually add milk - only to thin but not to make it runny. (Sauce should be thick like regular lasagna sauce.)

Spray 9x13 pan w/cooking spray.

Layer: bottom a little sauce, noodles, chicken, cheese, sauce, noodles, chicken, cheese, sauce, cheese. Cook uncovered for about 45 minutes. Last 10 minutes of cook time sprinkle w/parmesan cheese. Let cool about 10 minutes and enjoy!

Makes 12 servings @ 4-Points per serving or Core + 1-Point

6 points plus per serving