

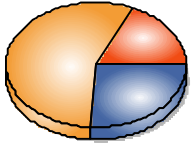


Sweet Pea and Artichoke Lasagna

By: Modified from Bon Appetit by DrJez LLC

Recipe grams: 2359.73g/83.2oz

Serves 6 393.29g/13.9oz per serving



Protein: 44%
Carbohydrates: 47%
Fat: 9%

INGREDIENTS

8 oz CHICKEN BREAST, BONELESS, ROASTED, MEAT ONLY
16 oz ARTICHOKE HEARTS, CANNED
1 cup CREAM, HALF & HALF, NONFAT
2 tbsp BASIL, FRESH
15 oz RICOTTA CHEESE, NONFAT
1 lb PEAS & ONIONS, FROZEN
1/2 cup EGG SUBSTITUTE, LIQUID
6 pieces LASAGNA PASTA, WHOLE WHEAT, DRY
2 cups MOZZARELLA CHEESE, SHREDDED, NONFAT
2 oz PARMESAN CHEESE TOPPING, NONFAT

DIRECTIONS

Roast and shred chicken breast. Set aside. Boil lasagna noodles as directed.

Preheat oven to 400F.

Drain and chop artichoke hearts in to large pieces. In a large bowl, combine artichoke hearts, basil, chicken and 1/2 cup of cream.

Puree remaining cream, ricotta cheese, peas, parmesan, egg substitute and a pinch of salt in a food processor.

In a 13 x 9 baking dish coated with cooking spray, spread a thin layer of puree. Arrange 3 noodles over top and layer with half of artichoke/chicken mixture. Top with a half of remaining puree and layer remaining noodles. Cover with remaining artichoke mixture, remaining puree and cover with mozzarella cheese.

Tent with aluminum foil and bake for 30 minutes. Remove foil and bake for another 20-25 minutes or until bubbly. Don't allow cheese to scorch.

Remove from oven and allow to stand for 10 minutes before slicing.

Nutrition Facts

Serving Size: 1 serving (393.3g)
Servings: 1

Amount Per Serving

Calories 420 Calories from Fat 35

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 1g **6%**

Trans Fat 0g

Cholesterol 55mg **20%**

Sodium 1060mg **45%**

Total Carbohydrate 47g **15%**

Dietary Fiber 9g **35%**

Sugars 6g

Protein 44g

Vitamin A 25%

Vitamin C 20%

Calcium 60%

Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet.