DietCloud – Recipe

Recipe Name: Chicken Lasagna Recipe

Diet Type: Non-Vegetarian

Course: Lunch

Cuisine: Italian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 300 grams Boneless chicken	4
• 1 tablespoon Black pepper powder	
• 1-1/2 teaspoon Paprika powder	
• 1 Lemon juice	
• Salt - to taste	
• 10 Lasagna sheets - ones that need no pre-cooking	
• 1 cup Mozzarella cheese - shredded	
• Parmesan cheese	
• 1 cup Tomato Basil Pasta Sauce	
• 1/2 cup Parsley leaves - chopped	

Preparation

• To begin making the Chicken Lasagna recipe, wash and clean chicken well.

• Add pepper powder, lime juice, salt and paprika powder, mix well in a mixing bowl.

• Later add olive oil into a pan.

• This will take about 15 minutes approximately.

• Preheat the oven to 170 degree centigrade.

• Grease a 9-by-13-inch baking dish with butter well.

• Place a layer of cooked lasagna sheet in one layer.

• Repeat the same step and keep layering until you reach the top of the pan.

• Bake the lasagna pasta in preheated oven for about 7 to 12 minutes or until cheese melts and top is slightly browned.

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• Let the lasagna rest for about 10 minutes, then scatter the sliced parsley leaves on top, cut into squares and serve.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)