

12 Chicken Broccoli Lasagna



Whole wheat lasagna noodles	12	460 g
Broccoli, chopped	1 L 4 cups	370 g
Milk	1.25 L 4 ½ cups	1.12 kg
Whole wheat flour	180 ml ¾ cup	95 g
Origano	15 ml 1 tablespoon	5 g
Salt and pepper	To taste	
Pulled all-white chicken meat, fully cooked (816-8332)	2 lbs.	900 g
Mozzarella cheese, grated	375 ml 1 ½ cups	180 g
Parmesan cheese, grated	125 ml ½ cup	50 g

- : 10
- : 15 minutes
- : 40 minutes
- : yes

Nutrition Facts	
For 1 portion (330 g)	
Amount	% Daily Value
Calories 370	
Fat 9 g	14%
Saturated 0.5 g	
+ trans 0.2 g	24%
Polyunsaturated 0.5 g	
Omega-6 0.4 g	
Omega-3 0.1 g	
Monounsaturated 2 g	
Cholesterol 85 mg	28%
Sodium 260 mg	11%
Potassium 370 mg	11%
Carbohydrates 29 g	10%
Fibre 3 g	12%
Sugar 7 g	
Protein 43 g	
Vitamin A 115 RE	10%
Vitamin C 10 mg	15%
Calcium 335 mg	30%
Iron 1.6 mg	10%
Phosphorus 305 mg	30%

- 1 Preheat oven to 200 °C (400 °F).
- 2 Cook lasagna noodles in water, following the directions on the package.
- 3 Steam broccoli for 15 minutes.
- 4 Combine milk and flour in a large saucepan.
- 5 Bring to a boil while stirring continuously for 3 minutes and season.
- 6 Pour a quarter of the sauce into an oven-proof mold.
- 7 Cover with four cooked lasagna noodles, half the chicken, broccoli, mozzarella cheese and another layer of sauce.
- 8 Cover with four other cooked lasagna noodles and repeat another layer of chicken, broccoli, mozzarella cheese and sauce.
- 9 Cover with four more cooked lasagna noodles and garnish with a bit of sauce and Parmesan cheese.
- 10 Cook in the preheated oven for 20 minutes.
- 11 Remove from the oven and let stand at room temperature for 15 minutes before serving.

Chef's Remarks

▪ If you have more carrots you can mix them in with the broccoli. replacement products : you may replace the chicken with diced pork (97261) or cooked ham (25204).

Canada's Food Guide Portions

¾ serving of vegetables and fruit
 + 2 servings of grain products
 + 1 serving of milk and alternatives
 + 1 ¼ servings of meat and alternatives.

Olymel Product Allergens

*Contains : none

Food Exchange System

2 servings of starch
 + 5 servings of meat and alternatives

*Verified allergens : peanuts, nuts, sesame seeds, milk, egg, grain containing gluten (wheat, barley, rye, oats, spelt, Kamut, triticale), soy (excluding refined soybean oil), fish, crustacea, mollusks, sulfite (max. 10 ppm). (Source: CFIA)