

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%

- Preheat oven to 200 °C (400 °F).
- Cook lasagna noodles in water, following the directions on the package.
- Steam broccoli for 15 minutes.
- Combine milk and flour in a large saucepan.
- Bring to a boil while stirring continuously for 3 minutes and season.
- Pour a quarter of the sauce into an oven-proof mold.
- Cover with four cooked lasagna noodles, half the chicken, broccoli, mozzarella cheese and another layer of sauce.
- Cover with four other cooked lasagna noodles and repeat another layer of chicken, broccoli, mozzarella cheese and sauce.
- Cover with four more cooked lasagna noodles and garnish with a bit of sauce and Parmesan cheese.
- Cook in the preheated oven for 20 minutes.
- 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)