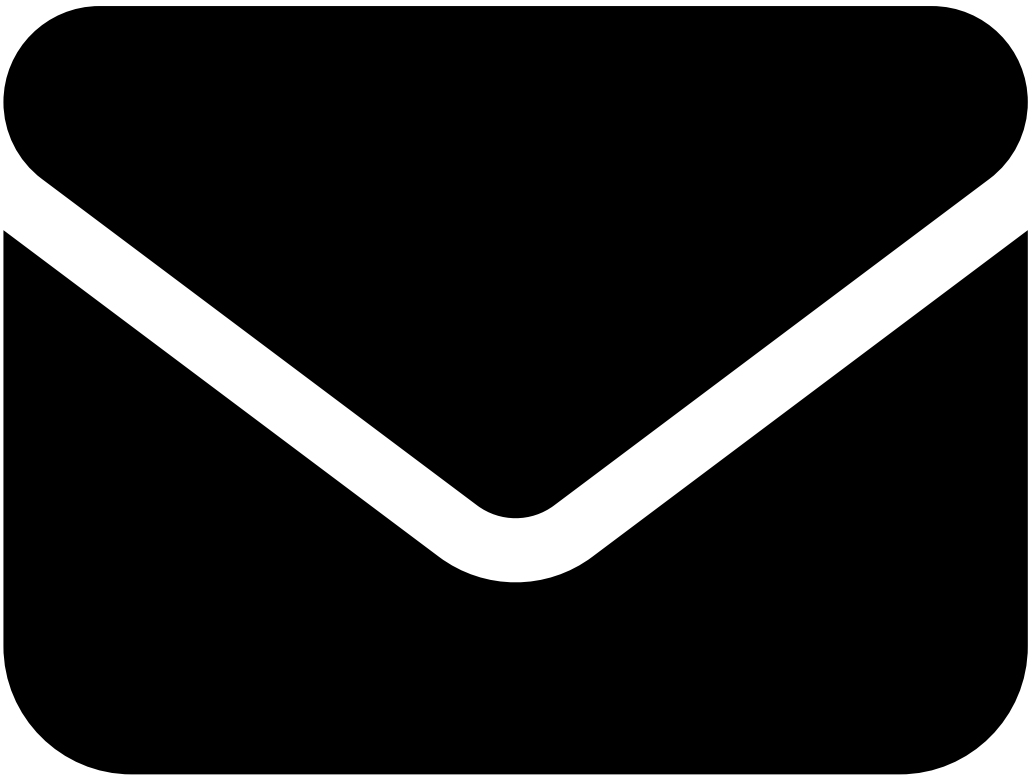
Bechamel Sauce Chicken Lasagna

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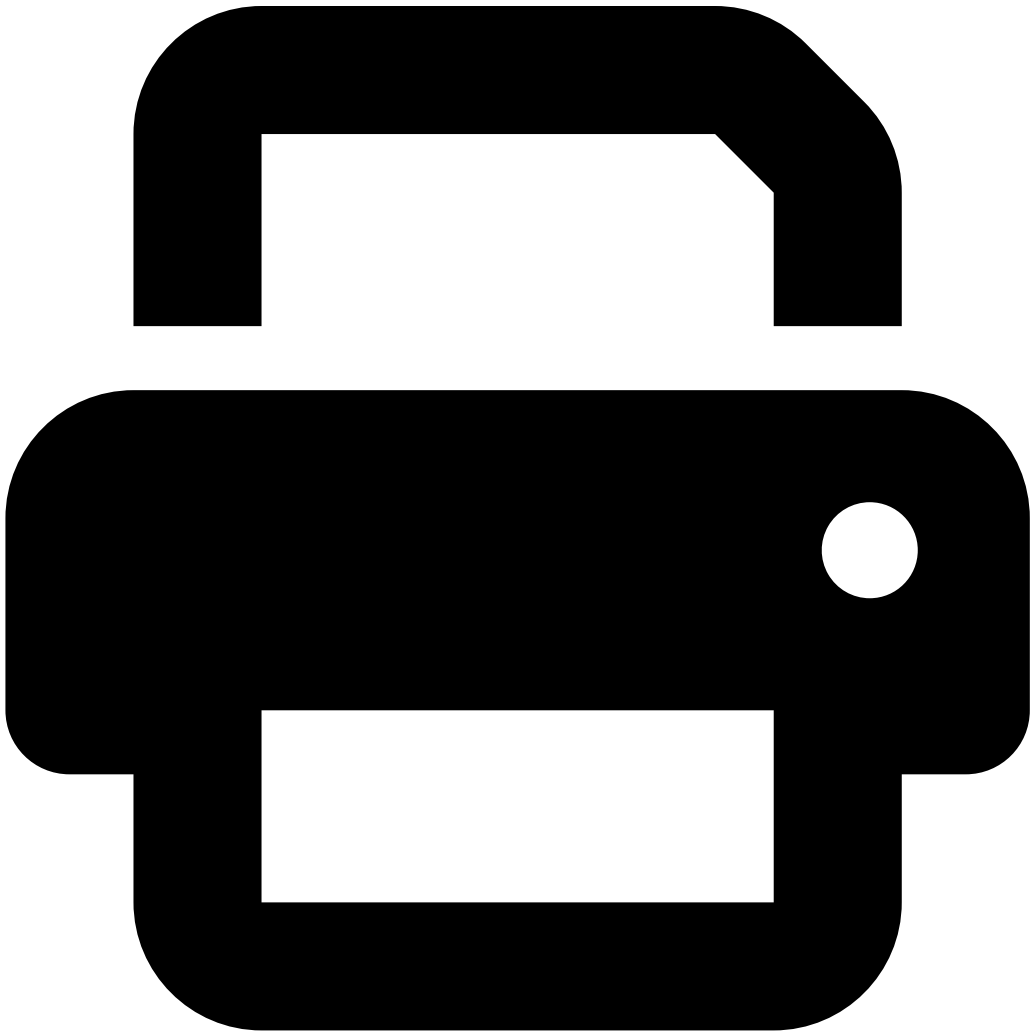









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This Bechamel Sauce Chicken Lasagna layered with roasted chicken breast and oozing with cheese is prefect, if your in line to bring a dish to a holiday potluck or you need to feed a crowd, this is the dish to make!!!!!!
Keeping it comforting, and just a touch healthier using lean chicken breast and low fat milk for the sauce, if your gluten free you can use gluten free flour to make the roux, and gluten free lasagna noodles.

In this recipe lasagna sheets are layered with creamy Bechamel sauce, chicken, spinach and cheese, that all comes together to create beautiful layers, in this crowd pleasing lasagna.

All you need is a casserole dish, 45 minutes, a prep plan and you can feed as many people as you need to a delicious restaurant quality meal your whole family will love

Things to know about Bechamel Sauce Chicken Lasagna

First Bechamel sauce , is one of the classic French white mother sauces. a velvety, buttery, creamy white sauce perfect for this Bechamel Sauce Chicken lasagna.

The sauce is not difficult to make, but you do need to pay attention, for success don’t leave the stove unattended. The sauce burns quickly. Stir continuously while sauce is simmering.

If the sauce is too thick add more milk, if too thin coat 1 pad of butter with flour and drop it in sauce while simmering. Remember to dip the lasagna noodles in the hot bechamel sauce before layering.

There never seems to be any left overs, but if there are you can freeze it for a ready made meal prefect for holiday entertaining, or you need a hurry-up dinner for unexpected guest.

All you need is a casserole dish, 45 minutes, a prep plan and you can feed as many people as you need to, and the white color looks pretty on almost any table ant goes from oven to table to freeze, to dish washer,13 x 9 covered white casserole.

The extra bonus with casserole meals, your quest can serve themselves, set out this festive dinner napkins to set a holiday mood. add a simple salad for a dinner everyone will love

If you make this Bechamel Sauce Chicken Lasagna, be sure to leave me a comment and please don’t forget to tag me on Instagram with your creations.

Above all I love hearing from you guys, and do my best to

respond.

Bechamel Sauce Chicken Lasagna



Tender roasted chicken, spinach, and melted mozzarella and Parmesan are layered with no-cook lasagna sheets and creamy nutmeg béchamel for a rich, comforting baked pasta.

- 2 chicken breast
- 1 box store bought no-cook lasagna sheets
- 1 stick of butter
- 2 tbsp olive oil
- ½ cup flour
- 1 quart milk
- 2 cups grated parmesan
- 2 cups shredded mozzarella
- 1 cup chopped spinach
- 1 cup chicken stock
- 2 tbsp chopped Italian parsley
- 1 tsp nutmeg
- Salt and pepper to taste

1. Heat oven to 400 degrees
2. Coat chicken with olive oil salt and pepper to taste
3. Roast chicken breast 15 minutes cool and shred
4. Melt butter in medium stock pot

5. Stir in flour whisking continuously
6. Slowly whisk in milk, chicken stock, salt, pepper and nutmeg
7. Simmer on low heat 10 minutes stir to prevent browning
8. Line 9 x 12 inch casserole dish with bechamel sauce
9. Dip the lasagna noodles in hot sauce
10. Start layering the lasagna noodles beginning with the bechamel sauce
11. Top with 1/3 the amount of chicken, spinach, cheeses and bechamel sauce
12. Repeat for three layers ending with lasagna noodles, bechamel and cheeses
13. Bake in a 400 degree oven 45 minutes to 1 hour or until golden and bubbly
14. Let rest 15 minutes before cutting