



CHICKEN AND ASPARAGUS LASAGNA

Celebrate the arrival of spring

2 lb	fresh asparagus
1lb	boneless skinless chicken breasts
1 Tbsp	olive oil
¾ cup	butter or margarine
¾ cup	flour
3 ½ cups	hot milk
1 cup	white wine
1	zest of 1 lemon
1 tsp	salt
¼ tsp	black pepper
1 lb	1% cottage cheese
2 cups	shredded Mozzarella
12	oven ready noodles (spinach or regular)
½ cup	grated Parmesan cheese

Preheat the oven to 400F. Slice chicken into 1 inch strips. Place chicken strips and asparagus on a rack on a baking sheet. Brush with olive oil and roast in the oven for 15 minutes or until a thermometer inserted into the thickest chicken strip reads 170F (77C). Remove from the oven; cool and chop.

Melt butter in a large saucepan over medium heat; whisk in flour. Stir cook for about 3 minutes. Whisk in hot milk and wine; bring to a boil, stirring constantly. Reduce heat and cook until thickened (about 10 minutes). Add lemon zest, salt, pepper and cottage cheese; mix well.

In bottom of 9" X 13" pan, pour ¼ of the sauce. Top with 4 noodles, half of the chicken and asparagus, half of the Mozzarella and more sauce. Repeat with 4 more noodles, remaining chicken, asparagus and Mozzarella and more sauce. Finish with remaining noodles and sauce and sprinkle with Parmesan cheese. Bake for 300 minutes at 400F. Remove from the oven and let stand at room temperature for 15 minutes before serving.

Serves 8.

Tip: If you want to use regular lasagna noodles, cook according to the package directions before assembling the lasagna. If you're assembling the lasagna the day before you're planning to cook it, you can use the regular lasagna noodles without cooking them first. Refrigerate the assembled lasagna and remove from the fridge 20 minutes before baking to allow it to come to room temperature. The noodles will start to soften overnight and be al dente by the time the lasagna is finished cooking.

Courtesy of Manitoba Chicken Producers
www.chicken.mb.ca