

Chicken Enchilada Lasagna



MACROS

222 Calories
10g Carbs
8g Fat
27g Protein

INGREDIENTS

- 1 package of Heart of Palm lasagna noodles (Palmini) rinsed
- 1 cup red enchilada sauce (Frontera)
- 100g chopped baby bella mushrooms
- 50g chopped fresh baby spinach
- 28g almond milk - mozzarella cheese
- 1/2 container (Kitehill) spinach artichoke dip
- 1 cup chicken broth - divided
- 1/2 cup chopped chives
- 1 package taco seasoning (Trader Joe's)
- 14oz cooked chicken breast

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This is a great recipe for meal-prep! It will last well for 4 days in the refrigerator

-Gail

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RECIPE

- Preheat oven to 350 degrees F.
- Combine cooked chicken with taco seasoning and a little bit of water to marinate for 30-60 minutes.
- Sauté the chicken breast with a little bit of cooking oil in an instant pot for 2 minutes on each side.
- Remove the chicken breasts and insert the trivet.
- Pour 1/2 cup of the chicken broth and place the chicken breasts on top of the trivet.
- Close the instant pot lid and set on pressure mode on high for 5 minutes.
- Once the time has stopped allow the pressure to stay and let the clock run for another 9-10 minutes before releasing the pressure. Remove the chicken breast and slice.
- Combine 1/2 cup chicken broth with the red enchilada sauce.
- In an 8 or 9 inch square glass serving dish pour a small amount of sauce.
- Layer lasanga noodles, small amount of Kitehill spread, chicken, mushrooms, spinach, sauce, then repeat. SAVE the mozzarella for the top.
- Bake in the oven for 20-25 minutes.