**What’s For Dinner: Lasagna Alfredo**

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1. Heat oven to 350 degrees.



2. Combine chicken and ½ jar of *light* alfredo sauce into bowl #1. Stir.

 

3. Combine *part skim* ricotta and thawed spinach in bowl #2. Stir.

  

4. Spray a baking dish with oil. Place one layer of lasagna noodles across pan. (Lasagna noodles are oven ready and do not need to be boiled)

 

5. Add chicken mixture from bowl #1 to pan.



6. Spread ingredients in bowl #2 across pan.



7. Top with another layer of noodles.

 

8. Top with the rest of the *light* alfredo sauce and *reduced fat* mozzarella cheese.

 

9. Cover with aluminum foil and bake for 50 minutes. Remove foil for the last 5 minutes.

 