

Light Chicken and Squash Lasagna

From – delish.com

1 ½ lb zucchini (sliced into ¼” thick rounds)
3 Tbsp extra-virgin olive oil
coarse salt
ground pepper
1 lb ground white-meat chicken
¼ tsp cayenne pepper
1/3 cup packed fresh basil leaves (torn)
1 ½ tsp chopped fresh marjoram or oregano
5 cups prepared pasta sauce
8 no-boil lasagna noodles
1 ¼ cups grated Parmesan cheese

- Preheat oven to 400 degrees with racks in middle and upper third.
- Divide squash between two rimmed baking sheets.
- Toss each with 1 Tbsp oil and season with salt and pepper.
- Bake until tender, 20 minutes; stirring squash and rotating sheets halfway through.
- Let sheets cool on wire racks.
- Meanwhile, in a large skillet, heat 1 Tbsp oil over medium-high.
- Add chicken and cook, stirring occasionally, until cooked through, 4 minutes.
- Add cayenne, basil and marjoram and season with salt and pepper.
- Cook, stirring occasionally, until fragrant, 3 minutes. Transfer chicken to a medium bowl.
- Spread 1 cup sauce in an 8” square baking dish. Top with 2 noodles. Layer with half the chicken, then 1 cup sauce and ¼ cup Parmesan. Top with 2 more noodles, half the squash, 1 cup sauce and ¼ cup Parmesan. Repeat layering with remaining ingredients, reserving the last ¼ cup Parmesan.
- Cover lasagna loosely with foil and bake on top rack until sauce is bubbling, 35 to 40 minutes. (Place a rimmed baking sheet on middle rack to catch any drippings.)
- Remove lasagna from oven and heat broiler.
- Sprinkle with reserved Parmesan and broil until cheese is browned and bubbling, 3 to 5 minutes.
- Let cool 20 minutes before slicing.



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