

# Chicken Alfredo Lasagna Rolls



## Instructions:

### 1 Cook the Lasagna Noodles

Boil a large pot of salted water and cook lasagna noodles until al dente. Drain, rinse with cold water, and lay flat on parchment paper to prevent sticking.

### 2 Make the Alfredo Sauce

In a saucepan over medium heat, melt butter and sauté garlic until fragrant (about 30 seconds).

Pour in heavy cream, stirring constantly.

Stir in Parmesan cheese, black pepper, and nutmeg. Simmer for 3-4 minutes until thickened.

### 3 Prepare the Filling

In a large bowl, mix shredded chicken, ricotta, Parmesan, mozzarella, garlic powder, Italian seasoning, salt, and pepper until well combined.

### 4 Assemble the Lasagna Rolls

Spread ¼ cup of the Alfredo sauce on the bottom of a greased 9x13 baking dish.

Take each lasagna noodle and spread about ¼ cup of the chicken mixture evenly over it.

Roll up tightly and place seam-side down in the baking dish.

Pour the remaining Alfredo sauce over the rolls and sprinkle with extra mozzarella cheese.

### 5 Bake & Serve

Cover with foil and bake at 375°F (190°C) for 25 minutes.

Remove foil and bake for another 10 minutes, until the cheese is bubbly and golden.

Garnish with chopped parsley and serve warm!

## Ingredients:

### For the Filling:

2 cups cooked shredded chicken (rotisserie works great!)

1 cup ricotta cheese

½ cup Parmesan cheese, grated

1 cup shredded mozzarella cheese (plus extra for topping)

1 tsp garlic powder

½ tsp Italian seasoning

½ tsp black pepper

¼ tsp salt

### For the Alfredo Sauce:

2 tbsp butter

3 cloves garlic, minced

1 ½ cups heavy cream

1 cup Parmesan cheese, grated

½ tsp black pepper

¼ tsp nutmeg (optional, but adds depth)

For Assembly:

12 lasagna noodles, cooked and drained