

CHICKEN LASAGNA

46 oz. ricotta cheese
 ½ cup parmesan cheese
 2 eggs
 10-oz. pkg. frozen spinach, thawed, squeeze out excess water
 1 tsp. garlic powder
 Lasagna noodles, cooked and drained
 4 boneless, skinless chicken breast halves, cooked and cubed
 2 cups shredded mozzarella cheese
 2 15-oz. jars Roasted Red Pepper Alfredo Sauce

Preheat oven to 350 degrees. In large bowl mix together first 5 ingredients, set aside. Spread a thin layer of alfredo sauce on bottom of 13- by 9-inch baking dish.

Place a layer of lasagna noodles over sauce. Spread ½ of cheese/spinach mixture over noodles, followed by ½ chicken, ½ remaining sauce and ½ mozzarella. Repeat layers, topping with mozzarella. Cover with foil and bake at 350 degrees for 40 minutes. Makes 8-10 servings.
 Note: For an additional bit of flavor, you can marinate chicken in Italian dressing and lightly grill before using.
Carol McVay Franklin

CHICKEN 'N VEGGIE KABOBS

1 pound boneless chicken breasts, cut into 1-inch cubes
 1 cup low-fat Italian salad dressing, divided

¼ cup olive oil
 1 tsp. garlic salt
 ½ tsp. dried rosemary, crushed
 1 medium zucchini squash, cut into ½-inch slices
 1 yellow summer squash, cut into ½-inch slices
 2 medium onions, quartered
 1 medium sweet red pepper, cut into 1-inch pieces
 2 cups cherry tomatoes

In a small resealable plastic bag, combine chicken and ½ cup salad dressing. Seal bag and turn to coat. Refrigerate for 15 minutes. Meanwhile, in a large resealable plastic bag, combine the oil, garlic salt and rosemary. Add vegetables and toss to coat. Drain and discard marinades. On eight metal or soaked wooden skewers, alternately thread chicken and vegetables. Grill kabobs, uncovered, over medium-hot heat for 12-15 minutes or until juices run clear, turning and basting occasionally with remaining salad dressing.

Irene Cochran Knox

chicken; top with cheese, then tomato. Bake an additional 10 minutes or until chicken is thoroughly cooked. Serve with the remaining sauce, heated, and sprinkle, if desired, with grated parmesan cheese. Makes 4 servings.
Shanawa Zacherl Redbank Valley High School

CHICKEN STUFFED SHELLS

1 box large shells
 2 boneless, skinless chicken breasts
 1 box frozen spinach
 1 bunch fresh broccoli
 1 jar Ragu parmesan garlic white sauce
 3-cup bag shredded mozzarella cheese
 1 large container small curd cottage cheese
 2 Tbsp. butter

Cut chicken into bite-size pieces and brown in butter. Mix in medium-sized bowl cottage cheese, 2 cups of the shredded mozzarella and spinach. Cook shells as directed on box. Rinse with cold water. Stuff with mixture of cottage cheese, cheese and spinach. Cut broccoli into pieces and boil in water until tender; drain well. You may need to squeeze broccoli to get all the water out. Spray 9- by 12-inch glass baking dish with cooking spray. Spread ½ cup of Ragu sauce in bottom of dish. Place stuffed shells into the dish and spread browned chicken evenly over shells. Spread more of the sauce, then put broccoli on top of the chicken and sauce. Put remaining sauce on top of broccoli. Put remaining cup of cheese over top. Bake at 350 degrees for 45 minutes to an hour.

Judy Cochran Oil City

CHICKEN PARMESAN ALFREDO

4 boneless chicken breast halves (about 1¼ pounds)
 1 egg, beaten
 ¾ cup Italian seasoned dry bread crumbs
 ¼ tsp. paprika (optional)
 1-pound jar Ragu Cheesy Classic Alfredo Sauce
 ½ cup shredded mozzarella cheese
 1 medium tomato, chopped

Preheat oven to 400 degrees. Dip chicken in egg, then in bread crumbs combined with paprika. Coat well. Arrange chicken in a 13- by 9-inch baking dish. Bake, uncovered, 20 minutes. Pour 1 cup sauce over

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