



(photo by Taste of Home)

Chicken Cheese Lasagna

TOTAL TIME: Prep:25 min.
BAKE: 35 min. + standing
MAKES: 12 servings

Ingredients

- 1 medium onion, chopped
- 1/2 cup butter, cubed
- 1 garlic clove, minced
- 1/2 cup all-purpose flour
- 1 teaspoon salt
- 2 cups chicken broth
- 1-1/2 cups 2% milk
- 4 cups (16 ounces) shredded part-skim mozzarella cheese, divided
- 1 cup grated Parmesan cheese, divided
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1/2 teaspoon white pepper
- 2 cups (15 to 16 ounces) ricotta cheese
- 1 tablespoon minced fresh parsley
- 9 lasagna noodles, cooked and drained
- 2 packages (10 ounces each) frozen spinach, thawed and well drained
- 2 cups cubed cooked chicken

Nutritional Facts

1 serving (1 piece) equals 410 calories, 22 g fat (13 g saturated fat), 87 mg cholesterol, 830 mg sodium, 25 g carbohydrate, 2 g fiber, 28 g protein.

Directions

1. In a large saucepan, saute onion in butter until tender. Add garlic; cook 1 minute longer. Stir in flour and salt until blended; cook until bubbly. Gradually stir in broth and milk. Bring to a boil; cook and stir for 1 minute or until thickened. Stir in 2 cups mozzarella, 1/2 cup Parmesan cheese, basil, oregano and pepper; set aside.

2. In a large bowl, combine the ricotta cheese, parsley and remaining mozzarella; set aside. Spread one-quarter of the cheese sauce into a greased 13-in. x 9-in. baking dish; cover with one-third of the noodles. Layer with half of the ricotta mixture, half of the spinach and half of the chicken.

3. Cover with one-quarter of the cheese sauce and one-third of the noodles. Repeat layers of ricotta mixture, spinach, chicken and one-quarter cheese sauce. Cover with remaining noodles and cheese sauce.

4. Sprinkle with remaining Parmesan cheese. Bake at 350°, uncovered, for 35-40 minutes. Let stand 15 minutes.

Yield: 12 servings.

Originally published as Chicken Cheese Lasagna in Taste of Home June/July 1993, p25

Asparagus-Stuffed Chicken Rolls

TOTAL TIME: Prep: 20 min.
BAKE: 20 min.
MAKES: 2 servings

Ingredients

- 8 fresh asparagus spears
- 2 boneless skinless chicken breast halves (5 ounces each)
- 1 tablespoon Dijon mustard
- 4 fresh sage leaves
- 2 slices provolone cheese (1 ounce each)
- 2 slices deli ham (3/4 ounce each)
- 1/4 cup all-purpose flour
- 1 egg, lightly beaten
- 1/2 cup dry bread crumbs
- 1/4 cup grated Parmesan cheese
- 1-1/2 teaspoons butter
- 1-1/2 teaspoons olive oil
- 1/4 cup white wine or chicken broth



(photo by Taste of Home)

Nutritional Facts

1 stuffed chicken breast equals 460 calories, 21 g fat (9 g saturated fat), 182 mg cholesterol, 861 mg sodium, 16 g carbohydrate, 1 g fiber, 46 g protein.

Directions

1. In a large skillet, bring 1/2 in. of water to a boil. Add asparagus; cover and boil for 3 minutes. Drain and immediately place asparagus in ice water. Drain and pat dry.

2. Flatten chicken to 1/4-in. thickness. Spread mustard over one side of each chicken breast. Down the center of each, place two sage leaves, a cheese slice, ham slice and four asparagus spears. Fold chicken over asparagus; secure with toothpicks.

3. Place flour and egg in separate shallow bowls. In another shallow bowl, combine bread crumbs and Parmesan cheese. Dip chicken in the flour, egg, then bread crumb mixture.

4. In a large skillet, brown chicken on all sides in butter and oil. Transfer to an 8-in. square baking dish coated with cooking spray. Add wine to skillet, stirring to loosen browned bits from pan. Pour over chicken.

5. Bake at 350° for 20-25 minutes or until chicken is no longer pink. Discard toothpicks.

Yield: 2 servings.

Originally published as Asparagus-Stuffed Chicken Rolls in Cooking for 2 Spring 2009, p23



(photo by Taste of Home)

Balsamic Pork Scallopine

TOTAL TIME: Prep: 25 min.
COOK: 30 min.
MAKES: 12 servings

Ingredients

- 3 pounds pork sirloin cutlets
- 1-1/2 cups all-purpose flour
- 1/2 cup olive oil
- 2 tablespoons butter
- 1 medium onion, chopped
- 1/2 cup chopped roasted sweet red peppers
- 6 garlic cloves, minced
- 1 can (14-1/2 ounces) reduced-sodium chicken broth
- 1/2 cup minced fresh basil or 2 tablespoons dried basil
- 1/2 cup balsamic vinegar
- 1/2 teaspoon pepper

NOODLES:

- 1 package (16 ounces) egg noodles
- 1/2 cup half-and-half cream
- 1/4 cup grated Romano cheese
- 1/4 cup butter, cubed
- 1/2 teaspoon pepper
- 1/4 teaspoon garlic powder

Nutritional Facts

3 ounces cooked pork with 3/4 cup noodles and 2 tablespoons sauce equals 533 calories, 25 g fat (9 g saturated fat), 122 mg cholesterol, 280 mg sodium, 43 g carbohydrate, 2 g fiber, 32 g protein.

Directions

1. Dredge pork cutlets in flour. Heat oil and butter in a large skillet over medium-high heat; add pork and brown in batches. Set aside.

2. Add onion and red peppers to the pan; saute until onion is tender. Add garlic; cook 1 minute longer. Add the broth, basil, vinegar and pepper. Return pork to the pan, layering if necessary.

3. Cover and cook over low heat for 15-20 minutes or meat is tender.

4. Meanwhile, in a Dutch oven, cook noodles according to package directions. Drain; stir in the cream, cheese, butter, pepper and garlic powder. Serve with pork.

Yield: 12 servings.

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