Chicken Alfredo Lasagna Roll Ups

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Recipe by: Laura Vitale

makes 12

Prep Time: 30 minutes
Cook Time: 1 hours 0 minutes

Ingredients

For the Roll-Ups:
__12 Lasagna Noodles
__2¼ cups Cooked Shredded Chicken
__1½ cups Whole Milk Ricotta
__1 cup Shredded Low-Moisture Mozzarella
__6 Tbsp Freshly Grated Parmesan
__1½ tsp Italian Seasoning
__Salt And Pepper, To Taste
__½ cup Prepared Alfredo Sauce (From Recipe Below)
__1 cup Shredded Mozzarella, For Topping

For the Homemade Alfredo Sauce:
__4 Tbsp Unsalted Butter
__4 Cloves Garlic, Minced
__4 Tbsp All-Purpose Flour
__2½ cups Whole Milk
__1¼ cups Heavy Cream
__1 cup Freshly Grated Parmesan Cheese
__Salt And Pepper, To Taste



1) Preheat your oven to 350°F. Cook the lasagna noodles in salted boiling water until just shy of al dente, drain and lay flat on a lightly oiled baking sheet.
2) For the Alfredo sauce, melt the butter in a saucepan, add the garlic and cook for 30 seconds. Stir in the flour and cook for 1 minute, then slowly whisk in the milk and cream. Simmer gently until slightly thickened, remove from the heat and stir in the Parmesan, salt and pepper. Allow to cool slightly.
3) In a large bowl, combine the shredded chicken, ricotta, mozzarella, Parmesan, Italian seasoning, salt, pepper and ½ cup of the prepared Alfredo sauce.
4) Spread about ¾ cup of Alfredo sauce in the bottom of a 9x13-inch baking dish. Divide the filling evenly among the lasagna noodles, roll them up and arrange seam side down in the dish.
5) Spoon the remaining Alfredo sauce evenly over the roll-ups, sprinkle with the remaining mozzarella and cover with parchment paper followed by foil.
6) Bake covered for 2530 minutes, then uncover and bake for another 15-20 minutes until hot, bubbly and lightly golden on top. Broil for a couple minutes if needed!
7) Allow to rest for about 10 minutes before serving.

Recipe Notes
To Make It Freezer Friendly: Assemble the roll-ups as directed, using cooled Alfredo sauce and filling. Cover the baking dish tightly with parchment paper followed by foil and freeze for up to 3 months for best quality.
To Bake After Freezing: Transfer the dish to the refrigerator and allow it to thaw completely, approximately 2436 hours depending on how deeply frozen it is. Bake covered at 350°F for about 40 minutes, then remove the parchment and foil and bake for another 15-20 minutes until bubbly. Allow to rest for 10 minutes before serving.