

Jiggy Chicken Lasagna

32 oz. jar pasta sauce
8 oz. can tomato paste
½ c. water
small can of mushrooms
garlic (to taste)
pepper (to taste)
oregano (to taste)
8 oz. of lasagna noodles
3 c. low fat mozzarella
12 oz. fat free cottage cheese
2 Tbs. Parmesan cheese
1 egg
1 ½ lb. chicken breast
1 bottle of Lowry's Italian marinade
2 Tbs. oil

Marinate chicken for at least ½ hour. Cook in 2 Tbs. oil in skillet. Drain and chop / shred chicken.

Boil noodles as directed by package. Drain.

Combine first 7 ingredients in a bowl. In a separate bowl, combine cheeses, egg, and chicken.

Layer pasta sauce mixture, noodles, pasta sauce mixture, noodles, chicken/cheese mixture, noodles, pasta sauce.

Bake covered at 350° for one hour.