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John's Lasagna for One (or Two)

Prep time: 15 min. Cook time: 55 min.

Serving size: 1/2 lasagna

Makes 2 servings

Ingredients

8 oz (200 g) oven-ready lasagna noodles (129c/20p/3.5f)

1 cup (250 g) tomato sauce (22c/4p/2f)

1/4 cup (28 g) part-skim pizza blend cheese (2c/8p/6f)

1/2 cup (56 g) fat-free mozzarella (4c/18p/0f)

1 cup (248 g) low-fat ricotta (12c/28p/12f)

2 oz. (56 g) shredded chicken breast (0c/14p/0f)

1 whole egg (0c/6p/5f)

2 gloves garlic, minced

1/4-1/2 cup (50-100 g) cooked spinach

Italian seasoning to taste

Instructions

1. Preheat the oven to 350 degrees F.
2. Combine the ricotta, egg, minced garlic, spinach, and Italian seasoning in a mixing bowl and mix well.
3. In a second bowl, mix together the pizza blend cheese and the mozzarella.
4. Spread about 1/5 of the tomato sauce on the bottom of the lasagna pan.
5. Place two lasagna noodles on top of the sauce.
6. To start the first layer, add 1/3 of the ricotta mix and spread it over the noodles. Sprinkle 1/4 of the mozzarella and pizza blend mixture on top of the ricotta. Spread another 1/5 of the tomato sauce on top of the cheese, and sprinkle 1/3 of the shredded chicken over that. Place 2 more noodles on top. Repeat this step until you have completed 3 layers.
7. To finish off the top layer, spread your last 1/5 of the tomato sauce over the noodles, and sprinkle with the remainder of the mozzarella.

8. Cover with foil and bake for 45 minutes.
9. Remove the foil and bake for another 10 minutes to brown the top.

More Macro and Ingredient Tips

1. If you're avoiding gluten, you can use a ready-to-bake gluten-free noodle typically made with corn and rice flour.
2. If you need more fat in your meal, use more part-skim or whole-milk cheeses. You can also use ground beef instead of chicken to increase the fat content.
3. If you need to reduce fat, stick with fat-free cheese. You can also use egg white to bind instead of a whole egg.
4. If the protein content is too high, reduce your cheese by making fewer lasagna layers. You can also skip the meat and make a veggie lasagna.
5. If you need more protein content, add more chicken, turkey, or beef to the recipe.
6. If you need fewer carbs, make fewer layers but include all the cheese and protein.
7. To bump up the carbs, add an extra layer of noodles.
8. If you need more bulk but are unable to use a lot of ricotta, you can also add onion, mushroom, or zucchini.