



Chicken 'Shroom Lasagna with Béchamel *(a JBug's Kitchen original)*

Béchamel:

- 1/4 cup butter
- 3 tablespoons all-purpose flour
- 3 cups whole milk (or 2 percent - do not use skim)
- 1/4 teaspoon freshly grated nutmeg
- Salt and pepper to taste

Melt butter in medium sized saucepan over medium heat. Add flour and cook, stirring for 2 minutes. Do not allow to brown. Remove pan from heat and slowly whisk in milk. Return pan to heat and continue whisking until sauce thickens - about 3 to 5 minutes. Add nutmeg and salt and pepper to taste. Remove from heat and place a piece of parchment directly on top of sauce to prevent skin from forming. Set aside.

Lasagna:

- 2 onions chopped
- 4 cloves garlic
- 2 tablespoons olive oil (plus 2 more tablespoons)
- 1 teaspoon dried oregano
- 1 teaspoon dried Italian seasoning
- Freshly ground black pepper
- 10 ounces mushrooms, sliced
- 1/2 cup dry Marsala wine
- 1 pound Hot or Sweet Italian chicken sausage
- 1/2 cup chopped fresh basil
- 1 - 14 ounce can diced tomatoes, drained (optional)
- 12 ounce package Italian 4 cheese blend
- 1 - 12 ounce package oven ready lasagna noodles

Place lasagna noodles in a large bowl and cover with boiling water. Soak for 10 minutes until partially softened, then drain, and set aside. Meanwhile in heat a large skillet over medium high heat. Add olive oil and when hot, add onions. Cook until onions are softened, stirring occasionally. Add garlic, oregano, Italian seasoning and a generous amount of freshly ground black pepper. Cook for 2 more minutes, stirring constantly. Remove to a bowl and set aside. In same skillet over medium heat, add olive oil and when hot add mushrooms to the pan. Cook, stirring until mushrooms just start to brown. Add Marsala wine and cook until wine is completely gone and mushrooms are starting to brown. Add to onions in bowl and set aside. Heat skillet again over medium heat and add chicken sausage. Cook until sausage is no longer pink.

Preheat oven to 375. Spray a large casserole or lasagna pan with cooking spray. Blot moisture from lasagna noodles with a paper towel and arrange a layer of noodles in bottom of pan. Top with 1/2 of onion, mushroom mixture, and sprinkle with half the cooked sausage; add half of the basil and half of the tomatoes. Cover with another layer of noodles. Spread half the béchamel sauce on top of this layer of noodles and cover with half the cheese. Repeat with remaining ingredients, finishing with béchamel and cheese on top. Cover tightly with a layer of foil and bake in preheated oven for 60 minutes. Remove from oven and let rest for 10 minutes before cutting. Serves 6 to 8.