**What’s For Dinner: Lasagna Alfredo**

**Supporting Materials**

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**Original Recipe:**



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**Equipment Needed:**

* **oven**
* **scissors (to open chicken, cheese)**
* **2 quart baking pan**
* **2 bowls**
* **spoon**
* **1 Cup Measuring cup**
* **aluminum foil**
* **spray oil**

**Notes:**

* It is best to buy the cheese already shredded for ease of production. A variety of different cheeses can be used with this recipe.
* Some individuals will have difficulty opening the chicken or cheese with scissors; this might have to be done for them or with them.
* Let the spinach thaw before using in the recipe.
* Some individuals will have difficulty in understanding how to use half of the jar of alfredo sauce. Talk them through this process and offer visual clues.
* Some individuals will have difficulty with spreading the cheese– this can often result in uneven distribution. Help them move slowly throw this procedure and emphasize even distribution.
* Some individuals will have difficulty holding the spray nozzle down when greasing the pan; use hand-over-hand to help them learn the motion.