

Vegetable Lasagna (914)

(Vegetable Lasagna MC914)

Meat/Meat Alternate-Vegetable-Grain/Bread

Source: MS Cycles USDA D-50

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Lasagna Noodles	2 lb 13 oz.	45 noodles.	5 lb 10 oz.	90 noodles.		1. Cook lasagna noodles in a stock pot or steam-jacketed kettle for 10-12 minutes, until tender. Drain. Hold in cold water.
Vegetable Oil						2. In sauté pan, heat the vegetable oil. Add the zucchini, mushrooms, and onions. Sauté for 3 minutes, until tender. Stir in flour and cook 3 minutes. Remove from heat and set aside.
Fresh Zucchini, Sliced	1 lb.	2½ cups.	2 lb.	1 qt 1 cup.		
Fresh Mushrooms, Sliced	12 oz.	1 qt 1 cup.	1 lb 8 oz.	2 qt 2 cups.		
OR						
Canned Mushrooms, Sliced, Drained	8 oz.	1 cup.	1 lb.	2 cups.		
Fresh Onions, Diced	9 oz.	1½ cups.	1 lb 2 oz.	3 cups.		
All-Purpose Flour	2 oz.	½ cup.	4 oz.	1 cup.		
Frozen Broccoli, Chopped	2 lb 8 oz.	3 qt.	5 lb.	1 gal 2 qt.		3. Place broccoli in a steam table pan (12"X20"X2½") and steam for 6 minutes, until tender. Drain well and set aside.
Canned Tomato Sauce	8 lb 1 oz.	1 No. 10 can	16 lb 2 oz.	2 No. 10 cans		4. In a steam-jacketed kettle, heat the tomato sauce and tomato paste. Add the oregano and garlic powder. Simmer, uncovered, for 30 minutes.
Canned Tomato Paste	2 lb.	3½ cups.	4 lb.	1 qt 3 cups.		5. Add the sautéed vegetables and steamed broccoli to the tomato sauce. Stir to combine. Simmer for 10 minutes.
Ground Oregano		¼ cup 2 Tbsp		¾ cup.		6. In a large bowl, combine the low-fat cottage cheese, dried parsley, garlic powder, and bread crumbs. Mix well.
Garlic Powder		1¾ tsp.		1 Tbsp ½ tsp.		7. Combine parmesan cheese and mozzarella cheese.
Low-Fat Cottage Cheese	8 lb.	1 gal.	16 lb.	2 gal.		8. Spread 1 cup of vegetable sauce on the bottom of each steam table pan to prevent sticking. Assemble ingredients as follows:
Dried Parsley		¼ cup.		½ cup.		1 st layer: a. 7 ½ lasagna noodles
Garlic Powder		2 tsp.		1 Tbsp 1 tsp.		b. 1 qt cottage cheese mixture
Dry Bread Crumbs	8 oz.	2 cups.	1 lb.	1 qt.		c. 1 qt 1 cup vegetable sauce
Parmesan Cheese, Grated	2 oz.	½ cup.	4 oz.	1 cup.		d. 2¼ cups parmesan-mozzarella mixture
Mozzarella Cheese, Grated	1 lb 14 oz.	1 qt 3¾ cups	3 lb 12 oz.	3 qt 3 cups.		2 nd layer: Repeat first layer
						3 rd layer: a. 7½ lasagna noodles
						b. 2½ cups vegetable sauce

Developed by the Mississippi Department of Education, Office of Child Nutrition Programs

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Vegetable Lasagna (Continued)

Parmesan Cheese, Grated	4 oz.	1 cup.	8 oz.	2 cups.						<p>9. Sprinkle ½ cup of parmesan cheese over each pan of lasagna. Cover with plastic wrap and aluminum foil.</p> <p>10. To bake: Conventional Oven: 375°F for 50 minutes Convection Oven: 350°F for 40 minutes Bake until bubbling.</p> <p>11. Remove from oven and allow to set for 15 minutes before serving. Cut each pan 5X5 (25 servings per pan). Portion 1 square per serving.</p>
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Serving: 1 square provides 2 oz meat/meat alternate, ¾ cup vegetable and 1 grain/bread.

**Yield: 50 servings: 25 lb 12 oz
100 servings: 51 lb 8 oz**

Nutrients Per Serving:

***Denotes Missing Nutrient Values**

Calories	278		Iron		2.55	Mg	Protein	22.12	G	Percent ⇒	Protein	31.81%
Cholesterol	37	Mg	Calcium		255	Mg	Carbohydrates	33.76	G	Of ⇒	Carbohydrates	48.53%
Sodium	1091	Mg	Vitamin A		209	RE	Total Fat	7.21	G	Calories ⇒	Total Fat	23.32%
Dietary Fiber	4.00	G	Vitamin C		31.6	Mg	Saturated Fat	3.36	G	From ⇒	Saturated Fat	10.88%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes: