

# Vegetable Lasagna

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-50

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Water, boiling		4 gal 2 qt		9 gal	1. Add salt to boiling water.
Salt		3 Tbsp		¼ cup 2 Tbsp	
Enriched lasagna noodles, uncooked (at least 0.78 oz each)	2 lb 12 oz	56 each	5 lb 8 oz	112 each	2. Slowly add lasagna noodles and return to boil. Cook for 10-12 minutes, until tender. Drain.
Vegetable oil		¼ cup		½ cup	3. In a pan, heat vegetable oil. Add zucchini, mushrooms, and onions. Sauté for 3 minutes, until tender. Stir in flour and cook for 3 minutes. Remove from heat and set aside.
*Fresh zucchini, sliced	1 lb	1 qt	2 lb	2 qt	
*Fresh mushrooms, sliced OR Canned sliced mushrooms, drained	12 oz OR 15 oz	1 qt 1 cup OR 3 8-oz cans	1 lb 8 oz OR 1 lb 14 oz	2 qt 1 ¾ cups OR 6 8-oz cans	
*Fresh onions, chopped OR Dehydrated onions	9 oz OR 1 ¾ oz	1 ½ cups OR ½ cup	1 lb 2 oz OR 3 oz	3 cups OR 1 cup	
Enriched all-purpose flour	2 oz	½ cup	4 oz	1 cup	
Frozen chopped broccoli	2 lb 8 oz	1 qt 2 cups	5 lb	3 qt	4. Place broccoli in steamtable pan (12" x 20" x 2 ½"). Steam for 6 minutes, or until tender. Drain well and set aside.
Canned tomato sauce	8 lb 4 oz	1 gal (1 ¼ No. 10 cans)	16 lb 8 oz	2 gal (2 ½ No. 10 cans)	5. In a steam-jacketed kettle, heat the tomato sauce and tomato paste. Add the oregano and granulated garlic. Simmer, uncovered, for 30 minutes.
Canned tomato paste	1 lb 9 oz	2 ¾ cups	3 lb 2 oz	1 qt 1 ½ cups	
Dried oregano		¼ cup 2 Tbsp		¾ cup	
Granulated garlic		1 ¾ tsp		1 Tbsp ½ tsp	
					6. Add sautéed vegetables and steamed broccoli to tomato sauce. Stir to combine. Simmer for 10 minutes.
Reduced fat cottage cheese, drained	8 lb	1 gal	16 lb	2 gal	7. In a large bowl, combine cottage cheese, parsley, granulated garlic, and bread crumbs. Mix well.
Dried parsley		¼ cup		½ cup	
Granulated garlic		2 tsp		1 Tbsp 1 tsp	
Enriched dry bread crumbs	8 oz	2 cups 2 Tbsp	1 lb	1 qt ¼ cup	

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Grated Parmesan cheese	2 oz	$\frac{3}{4}$ cup	4 oz	1 $\frac{1}{2}$ cups	8. Combine Parmesan cheese and mozzarella cheese.
Lite mozzarella cheese, shredded	1 lb 14 oz	1 qt 3 $\frac{1}{2}$ cups	3 lb 12 oz	3 qt 3 cups	
					9. Spread 1 cup of vegetable sauce on the bottom of each steamtable pan (12" x 20" x 2 $\frac{1}{2}$ ") to prevent sticking. For 50 servings, use 2 pans. For 100 servings, use 4 pans. Assembly: First layer: a. 9 $\frac{1}{2}$ lasagna noodles b. 1 qt $\frac{1}{2}$ cup cottage cheese mixture c. 1 qt vegetable sauce d. 2 cups 1 Tbsp Parmesan-mozzarella cheese mixture Second layer: Repeat first layer Third layer: e. 9 $\frac{1}{2}$ lasagna noodles f. 2 $\frac{1}{2}$ cups vegetable sauce
Grated Parmesan cheese	4 oz	1 $\frac{1}{2}$ cups	8 oz	3 cups	10. Sprinkle 2 oz of Parmesan cheese over each pan of lasagna. Cover with foil. Bake: Conventional oven: 375° F for 50 minutes Convection oven: 350° F for 40 minutes  CCP: Heat to 165° F or higher for 15 seconds.
					11. Remove from oven and allow to set for 15 minutes before serving.
					12. CCP: Hold for hot service at 135° F or higher.  Cut each pan 5 x 5 (25 portions per pan).

Comments:

\*See Marketing Guide.

## Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Zucchini	1 lb 1 oz	2 lb 2 oz
Mushrooms	13 oz	1 lb 10 oz
Mature onions	11 oz	1 lb 6 oz

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## SERVING:

1 piece provides 2 oz equivalent meat/meat alternate,  $\frac{3}{4}$  cup of vegetable, and 1 serving of grains/breads.

## YIELD:

**50 Servings:** about 25 lb 12 oz

**100 Servings:** about 51 lb 8 oz

Tested 2004

## VOLUME:

**50 Servings:** 2 steamtable pans

**100 Servings:** 4 steamtable pans

## Nutrients Per Serving

<b>Calories</b>	278
<b>Protein</b>	21.30 g
<b>Carbohydrate</b>	36.39 g
<b>Total Fat</b>	5.67 g

<b>Saturated Fat</b>	2.60 g
<b>Cholesterol</b>	11 mg
<b>Vitamin A</b>	1669 IU
<b>Vitamin C</b>	27.2 mg

<b>Iron</b>	2.86 mg
<b>Calcium</b>	268 mg
<b>Sodium</b>	1016 mg
<b>Dietary Fiber</b>	4.1 g