

Vegetable Lasagna

Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-27

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Lasagna noodles	1 lb 7 oz	23 each	2 lb 13 oz	45 each	1. Cook lasagna noodles in a stock pot or steam-jacketed kettle for 10 to 12 minutes, until tender. Drain. 2. In a pan, heat the 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.
Vegetable oil		2 Tbsp		1/4 cup	
*Fresh zucchini, sliced	8 oz	1 1/4 cups	1 lb	2 1/2 cups	3. Place broccoli in a steam basket or microwave and cook for 6 minutes, or until tender. Drain well and set aside. 4. In a heavy kettle, heat the tomato sauce and tomato paste. Add the oregano and garlic powder. Simmer, uncovered, for 30 minutes. 5. Add the sautéed vegetables and steamed broccoli to the tomato sauce. Stir to combine. Simmer for 10 minutes. 6. In a large bowl, combine the lowfat cottage cheese, dried parsley, garlic salt, and bread crumbs. Mix well. Set aside. 7. Combine Parmesan cheese and mozzarella cheese. 8. Spread 1 cup of vegetable sauce on the bottom of each 12" x 20" x 2 1/2" steamtable pan to prevent sticking.
*Fresh mushrooms, sliced OR	6 oz	2 1/2 cups	12 oz	1 qt 1 cup	
Canned mushrooms, sliced, drained	4 oz	1/2 cup	8 oz	1 cup	
*Onions, chopped	4 1/2 oz	3/4 cup	9 oz	1 1/2 cups	
All-purpose flour		1/4 cup		1/2 cup	
Frozen broccoli pieces	1 lb 4 oz	1 qt 2 cups	2 lb 8 oz	3 qt	
Tomato sauce	4 lb	1 qt 3 1/2 cups	8 lb 1 oz	1 No. 10 can + 3 cups	
Tomato paste	1 lb	1 3/4 cups	2 lb	3 1/2 cups	
Dried oregano leaves		3 Tbsp		1/4 cup 2 Tbsp	
Garlic powder		3/4 tap		1 3/4 tsp	
Lowfat cottage cheese, drained	4 lb	2 qt	8 lb	1 gal	
Dried parsley		2 Tbsp		1/4 cup	
Garlic salt		1 tsp		2 tsp	
Dry bread crumbs	4 oz	1 cup	8 oz	2 cups	
Parmesan cheese, grated		1/4 cup		1/2 cup	
Lowfat mozzarella cheese, grated	15 oz	3 3/4 cups	1 lb 14 oz	1 qt 3 1/2 cups	

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				<p>Assembly: First layer: a. 7 1/2 lasagna noodles b. 1 qt cottage cheese mixture c. 1 qt 1 cup vegetable sauce d. 2 1/4 cups Parmesan-mozzarella cheese mixture</p>
				<p>Second layer: Repeat first layer. Third layer: e. 7 1/2 lasagna noodles f. 2 1/2 cups vegetable sauce</p>
Parmesan cheese, grated	1/2 cup	4 oz	1 cup	<p>9. Sprinkle 1/2 cup of Parmesan cheese over each pan of lasagna. Cover with plastic wrap and foil. To Bake: Conventional Oven: 375 degrees F, 50 minutes Convection Oven: 350 degrees F, 40 minutes Bake until bubbling.</p>
				<p>CCP Heat to 165 degrees F or higher for 15 seconds.</p>
				<p>10. Remove from oven and allow to set for 15 minutes before serving. Cut each pan 5 x 5 (25 portions per pan).</p> <p>CCP Hold for hot service at 140 degrees F or higher.</p>
*See Marketing Guide				

Marketing Guide

Food as Purchased	For 25 Svgs	For 50 Svgs
Zucchini	8 oz	1 lb 1 oz
Mushrooms	6 oz	12 oz
Onions	5 oz	10 oz

SERVING:	YIELD:	VOLUME:
1 piece provides 2 oz of cheese, 3/4 cup of vegetable, and the equivalent of 1 1/4 slice of bread	<p>25 Servings: 12 lb 14 oz</p> <p>50 Servings: 25 lb 12 oz</p>	<p>25 Servings:</p> <p>50 Servings:</p>

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Nutrients Per Serving

Calories	268	Saturated Fat	3.3 g	Iron	2.8 mg
Protein	21 g	Cholesterol	15 mg	Calcium	264 mg
Carbohydrate	32 g	Vitamin A	213 RE/1823 IU	Sodium	1017 mg
Total Fat	6.8 g	Vitamin C	29 mg	Dietary Fiber	4 g