

Vegetable Lasagna

Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-27

Ingredients	32 Servings		64 Servings		Directions
	Weight	Measure	Weight	Measure	
Water, boiling		2 gal 1 qt		4 gal 2 qt	1. Add salt to boiling water.
Salt	2 oz	3 Tbsp ½ tsp	4 oz	¼ cup 2 ⅓ Tbsp	
Enriched lasagna noodles	1 lb 6 oz	28 each	2 lb 12 oz	56 each	2. Slowly add lasagna noodles and return to boil. Cook for 10-12 minutes or until tender. Drain.
Vegetable oil		2 Tbsp		¼ cup	3. In a pan, heat the vegetable oil. Add zucchini, mushrooms, and onions. Sauté for 3 minutes or until tender. Stir in flour and cook for 3 minutes. Remove from heat and reserve for step 6.
*Fresh zucchini, sliced	8 oz	2 cups	1 lb	1 qt	
*Fresh mushrooms, sliced OR Canned mushrooms, sliced, drained	6 oz OR 4 oz	1 ¼ cups 1 Tbsp OR ¾ cup	12 oz OR 8 oz	2 ½ cups 2 Tbsp OR 1 ½ cups	
*Fresh onions, chopped	4 ½ oz	¾ cup	9 oz	1 ½ cups	
Enriched all-purpose flour		¼ cup	2 oz	½ cup	
Frozen broccoli chopped	1 lb 4 oz	3 cups	2 lb 8 oz	1 qt 2 cups	4. Place broccoli in a steam basket or microwave and cook for 6 minutes or until tender. Drain well and reserve for step 6.
Canned tomato sauce	4 lb 2 oz	2 qt (⁵ / ₈ No. 10 can)	8 lb 4 oz	1 gal (1 ¼ No. 10 can)	5. In a heavy kettle, heat the tomato sauce and tomato paste. Add the granulated garlic and oregano. Simmer, uncovered, for 30 minutes.
Canned tomato paste	14 oz	1 ½ cups 1 Tbsp (½ No. 2-½ can)	1 lb 12 oz	3 cups 2 Tbsp (⁷ / ₈ No. 2-½ can plus 2 ½ Tbsp)	
Granulated garlic		⁷ / ₈ tsp		1 ¾ tsp	6. Add the sautéed vegetables and steamed broccoli to the tomato sauce. Stir to combine. Simmer for 10 minutes.
Dried oregano		3 Tbsp		¼ cup 2 Tbsp	
Reduced fat cottage cheese, drained	4 lb	2 qt	8 lb	1 gal	7. In a large bowl, combine cottage cheese, parsley, granulated garlic, and bread crumbs. Mix well. Reserve for step 9.
Dried parsley		2 Tbsp		¼ cup	
Granulated garlic		1 tsp		2 tsp	
Enriched dry bread crumbs	4 oz	1 cup 1 Tbsp	8 oz	2 cups 2 Tbsp	

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Parmesan cheese, grated		¼ cup 2 Tbsp	2 oz	¾ cup	8. Combine Parmesan cheese and mozzarella cheese.
Reduced fat mozzarella cheese, shredded	15 oz	3 ¾ cups	1 lb 14 oz	1 qt 3 ½ cups	
					9. Spread 1 cup of vegetable sauce on the bottom of each pan (9" x 13" x 2") which has been lightly coated with pan release spray. For 32 servings, use 2 pans. For 64 servings, use 4 pans. Assembly: First layer: a. 4 ⅔ lasagna noodles b. 2 ¼ cups cottage cheese mixture c. 2 cups vegetable sauce d. 1 cup 1 ½ tsp Parmesan-mozzarella cheese mixture Second layer: Repeat first layer. Third layer: e. 4 ⅔ lasagna noodles f. 1 ¼ cups vegetable sauce
Parmesan cheese, grated	2 oz	¾ cup	4 oz	1 ½ cups	10. Sprinkle 1 oz of Parmesan cheese over each pan of lasagna. Cover. Bake: Conventional oven: 350° F for 50 minutes Convection oven: 325° 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 4 x 4 (16 pieces). Portion is 1 piece.

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	32 Servings	64 Servings
Zucchini	9 oz	1 lb 2 oz
Mushrooms	7 oz	14 oz

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Mature onions	6 oz	12 oz
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SERVING:

1 piece provides 1 ½ oz of cheese, ½ cup of vegetable, and the equivalent of ¾ slice of bread.

YIELD:

32 Servings 12 lb 14 oz
64 Servings 25 lb 12 oz

VOLUME:

32 Servings 2 pans
64 Servings 4 pans

Tested 2004

Nutrients Per Serving

Calories	219	Saturated Fat	2.03 g	Iron	2.27 mg
Protein	16.77 g	Cholesterol	9 mg	Calcium	211 mg
Carbohydrate	28.86 g	Vitamin A	1365 IU	Sodium	795 mg
Total Fat	4.44 g	Vitamin C	22.8 mg	Dietary Fiber	3.3 g