

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	<ol style="list-style-type: none"> 1. Add salt to boiling water. 2. Slowly add lasagna noodles and return to boil. Cook for 10-12 minutes or until tender. Drain. 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. 4. Place broccoli in a steam basket or microwave and cook for 6 minutes or until tender. Drain well and reserve for step 6. 5. In a heavy kettle, heat the tomato sauce and tomato paste. Add the granulated garlic and oregano. Simmer, uncovered, for 30 minutes. 6. Add the sautéed vegetables and steamed broccoli to the tomato sauce. Stir to combine. Simmer for 10 minutes. 7. In a large bowl, combine cottage cheese, parsley, granulated garlic, and bread crumbs. Mix well. Reserve for step 9.
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	
Vegetable oil		2 Tbsp		¼ cup	
*Fresh zucchini, sliced	8 oz	2 cups	1 lb	1 qt	
*Fresh mushrooms, sliced OR	6 oz OR	1 ¼ cups 1 Tbsp OR	12 oz OR	2 ½ cups 2 Tbsp OR	
Canned mushrooms, sliced, drained	4 oz	¾ cup	8 oz	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	
Canned tomato sauce	4 lb 2 oz	2 qt (⅝ No. 10 can)	8 lb 4 oz	1 gal (1 ¼ No. 10 can)	
Canned tomato paste	14 oz	1 ½ cups 1 Tbsp (½ No. 2-½ can)	1 lb 12 oz	3 cups 2 Tbsp (⅞ No. 2-½ can plus 2 ½ Tbsp)	
Granulated garlic		⅞ tsp		1 ¾ tsp	
Dried oregano		3 Tbsp		¼ cup 2 Tbsp	
Reduced fat cottage cheese, drained	4 lb	2 qt	8 lb	1 gal	
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. 11. Remove from oven and allow to set for 15 minutes before serving. 12. CCP: Hold for hot service at 140° F or warmer. 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:	YIELD:	VOLUME:
1 piece provides 1 ½ oz of cheese, ½ cup of vegetable, and the equivalent of ¾ slice of bread.	32 Servings 12 lb 14 oz	32 Servings 2 pans
	64 Servings 25 lb 12 oz	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