

VEGETABLE LASAGNA (WGR)

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, ½ cup red/orange vegetable, ¼ cup dark green vegetable, and 1/8 cup other vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 serving

RECIPE HACCP PROCESS: #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS : VEGETABLES
(RED/ORANGE) : VEGETABLES (DARK GREEN) : VEGETABLES
(OTHER)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Bun, Hamburger, WGR, #1228	7 buns
Oil, Vegetable, #2507	1/2 cup
Squash, Zucchini with Skin, Raw	3 pounds
Onions, Frozen, Diced, #1610	2 1/4 cups
Flour, All Purpose, Enriched, #2011	1 cup
Broccoli, Florets, Frozen, #1601	7 pounds + 4 ounces
Sauce, Tomato, #10 Can, #2826	2 #10 cans + 3 1/4 cups
Paste, Tomato, #10 Can, #2825	1 quart + 2 1/2 cups
Oregano, Crushed, Dry, #2715	3/4 cup
Garlic Powder, #2709	1 tablespoon + 1/2 teaspoon
Cheese, Cottage, 2% Milkfat, MS	2 gallons
Parsley, Dried, Chopped, #2717	1/2 cup
Garlic Powder, #2709	1 tablespoon + 1 teaspoon
Cheese, Parmesan, Grated, #1304	4 ounces
Cheese, Mozzarella, Shredded, #1307	3 pounds + 12 ounces
Pasta, Lasagna, WGR #2132	7 pounds + 2 ounces
Cheese, Parmesan, Grated, #1304	8 ounces

DIRECTIONS

1. Thaw the onions and broccoli in the refrigerator overnight. On the day of lasagna assembly, drain them both thoroughly.
2. If the breadcrumbs have not already been made, toast the hamburger buns in a low-temperature oven (200 degrees F) until slightly golden brown and firm.
Cool the breadcrumbs before preparing the crumbs. Break the bread into pieces and place it in a food processor or appropriate grinder. Process the bread until the desired crumb size is obtained.
See recipe MRS 1303, Whole Wheat Bread Crumbs, for detailed directions and photographs of this recipe.
3. In a braising pan, steam jacketed kettle, or large stockpot, heat the vegetable oil. Add the zucchini and onions. Sauté the vegetables for 3 minutes, or until the vegetables are tender. Stir in the flour and cook the mixture for 3 minutes.
Remove the mixture from heat and set it aside.

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4. Place the broccoli in a full-size steamtable pan (12" x 20" x 2½") and steam it for 6 minutes, or until tender. Chop broccoli into bite sized pieces.
If using solid steamtable pans to steam, drain the liquid from pans prior to continuing with lasagna assembly. Add the broccoli to the zucchini and onion mixture.
5. In a braising pan, steam-jacketed kettle, or large stock pot, heat the tomato sauce and tomato paste. Add the oregano and garlic powder. Simmer, the tomato sauce uncovered, for 30 minutes.
6. Add the sautéed vegetables and steamed broccoli to the tomato mixture. Stir gently to combine thoroughly. Simmer the sauce for 5 minutes.
7. In a large bowl, combine the low -fat cottage cheese, dried parsley, garlic powder, and bread crumbs. Mix the ingredients well.
8. Combine 4 ounces of parmesan cheese and mozzarella cheese.
9. Spread 1 cup of vegetable sauce on the bottom of each steamtable pan to prevent sticking.

ASSEMBLY:

First layer:

- Place 9 lasagna noodles over the vegetable sauce
- Pour 1 quart of the cottage cheese mixture over the noodles
- Pour 1 quart + 1 cup of the vegetable sauce over the cottage cheese
- Pour 2¼ cups of the parmesan-mozzarella cheese mixture over the vegetable sauce

Second layer:

- Place 9 lasagna noodles over the parmesan-mozzarella cheese mixture
- Pour 1 quart of the cottage cheese mixture over the noodles
- Pour 1 quart + 1 cup of the vegetable sauce over the cottage cheese
- Pour 2¼ cups of the parmesan-mozzarella cheese mixture over the vegetable sauce

Third Layer:

- Place 10 lasagna noodles over the parmesan-mozzarella cheese mixture
- Pour 2½ cups the vegetable sauce over the noodles
- Sprinkle ½ cup of parmesan cheese over each pan of lasagna.

For 50 servings, use 2 pans.

Cover with a lid, plastic wrap, or aluminum foil. Lasagna may be baked or refrigerated and baked the next day. If lasagna is baked the next day, quick chill within 2 hours to 70 degrees F or lower and from 70 to 41 degrees F or lower within an additional 4 hours.

10. To bake:
 - Conventional oven: 375 degrees F for 50 minutes.
 - Convection oven: 350 degrees F for 40 minutes.

Bake until bubbling and heated through.

CCP: Heat to 165 degrees F or higher for at least 15 seconds at the completion of the cooking process. If the manufacturer instructions on the package or case have a higher temperature, follow those recommendations.

11. Remove the lasagna from the oven and allow it to set for 15 minutes before serving.
12. Cut each pan 5 x 5 (25 servings per pan). Portion 1 square for each serving. Each portion provides 2 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, ½ cup red/orange vegetable, ¼ cup dark green vegetable, and 1/8 cup other vegetable.

CCP: Hold and maintain the product at a minimum temperature of 135 degrees F or higher. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 2 hours to 70 degrees F or lower and from 70 to 41 degrees F or lower within an additional 4 hours

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PRODUCTION NOTES

Use USDA Foods products when available.
Refer to USDA FNS Food Buying Guide for School Meal Programs for quantities to purchase if recipe is altered.
If changes are made in ingredients, check crediting information and re-calculate the nutrition analysis.
"Culinary Techniques for Healthy School Meal" provides seasoning and serving ideas for entrées.

NUTRIENTS PER SERVING

Calories	300	Dietary Fiber	6.18 g	Sodium	829.78 mg	Sat. Fat	2.99 g
Carbohydrates	40.32 g	Protein	21.84 g	Total Fat	6.54 g	Trans Fat	0.00 g

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ILLUSTRATED STEPS FOR PREPARATION OF VEGETABLE LASAGNA (WGR)

1.



9 lasagna noodles in the bottom of a steamtable pan

2.



1 quart of cottage cheese mixture covered by 1 quart 1 cup vegetable sauce over the 1st layer of noodles.

3.



2¼ cups cheese mixture covering the vegetable sauce. These steps are repeated for the second and third layers.

4.



Assembled Vegetable Lasagna before baking

5.



Baked Vegetable Lasagna

6.



1 serving of Vegetable Lasagna